

A T R E A T I S E of  
D I S E A S E S  
O F T H E  
*Head, Brain, and Nerves.*

More especially of the  
PALSY, APOPLEXY, LETHARGY, EPELEPSY, CON-  
VULSIONS, FRENZIE, VERTIGO, MÆGRIM, inveterate  
HEAD-ACH, &c with Directions for their Thorough  
Cure; and how these and many other deplorable  
Nervous Distempers, may be Prevented as well as  
Cured, and consequently many Lives saved, by the  
Medicines herein, in *English*, prescrib'd without the  
least Reserve.

To which is subjoin'd,  
A D I S C O U R S E

On the Nature, real Cause and certain Cure of

*Melancholy in M E N,*  
A N D  
*Vapours in W O M E N:*

Instructing Persons how to Cure themselves absolutely of these per-  
plexing and pernicious Disorders, with Safety, Ease, and Expedition.

By a Physician K

*Man's Health more on his Head depends,  
Than Child on Parents, or a Poor Man Friends:  
If That be well, the Body feels no Pain;  
But if distemper'd, Sickness soon will reign  
In ev'ry other Part, in ev'ry Vein.* }

The Fifth Edition with Additions.

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**Note,** Those who think fit to leave Letters for the Author, at the place where this Book is sold, are desired not to expect Answers without leaving with them reasonable Fees; for he has not leisure to read Letters, write answers, and consider particular Cases, without suitable Gratuities, for his Time and Trouble.





# The P R E F A C E.

**T**HE kind Reception this Book has met with from the Publick, appears by nothing more than the quick Sale of the former Editions: There have not been many Physical Books, in Respect to the large Number that have been publish'd, of which Four Thousand Copies have in so short a Time been dispos'd of; but its having been well received, and so much call'd for, since out of Print, is not the only Motive of reprinting it; the great good the Medicines prescribed in it have done, and daily do, to abundance of People afflicted with Diseases of the Head, Brain and Nerves, as also to those oppress'd with Melancholy and Vapours, is another of much greater weight; for it being reasonable to believe there are many hundreds of Persons troubled with those Diseases, who have not yet seen it, and who by reading it may meet with their Cure, as vast Numbers have already done, I thought my self for their Sakes, as well as my own Advantage, obliged to send it again to the Press, with some very material tho' small alterations and additions.

Of all the Diseases incident to Mankind, there are none more dangerous and mortal than those of the Head, and Brain, and this my Experience in the Cure of those Diseases has convinced me of, tho' I must do my self Justice in declaring, that I have had as few Patients miscarry, considering the great Number I have in my Time attended, as perhaps any Physician before me: And have cured some who have been so very bad, through delay or improper Medicines, that there was scarcely a Probability of restoring. The Melancholy Circumstances of Persons so afflicted, is matter of great Concern, because we daily find ignorant Men, tampering in those Diseases, as if there were no danger in them at all.

## THE PREFACE

*The mature Consideration of this, and the Mischiefs I my self have seen in my Practice, by insignificant or improper Medicines and Management, together with the Success I have had in many desperate Diseases of the Head, first put me upon writing this Treatise, this Fifth Edition of which, I am in hopes will be as kindly accepted by those so afflicted, as I am sure they will upon Tryal find the Methods and Medicines directed to, answer what is said of them.*

*The Title Page tells you, It is a Treatise of Diseases of the Head, Brain and Nerves; and so it is, but as the Eyes, Nose, Tongue, Teeth, Gums, Jaws and Palate go to the making up of the Head, the Reader may expect perhaps, I have treated of them also, which he will not find alone, and that because it was no way material here, any further than that in Chapter the 12th, where I speak of Catarrhs or Defluxions, I have shewn how these Humours affect those Parts, and that many times by the removing those Humours, those Parts are relieved.*

*To this Treatise of Diseases of the Head, I have subjoyned a Discourse on Melancholy and Vapours, which tho' they are not properly Head Diseases, yet bear such analogy to them, or at least so far affect either the Head, Brain, Nerves, or all, that they come properly enough to be considered here; and I persuade my self the Account given of them, will not fall very short of any Performance of the like Nature, at leastwise as to the main thing, I mean the Curative Part, which however, will be better understood upon the Patient's Experience than by any thing I can say.*

*I had put my Name and Place of Habitation to this Book, but that I foresaw it might not be so well as let alone in this censorious Age, therefore resolved against it, not that I have any reason, I thank God, to conceal my self or need be ashamed either of one or the other; but to supply that want, I have taken Care to make what I have*  
*written*

## THE PREFACE

written the more Plain and Intelligible, having, in each Disease, not only prescribed what Methods are to be observed, and Medicines I have found useful to many, but also directed, at the end of the Book, where these peculiar Ones I have prescribed in it, and always found to stand me in stead on the most urgent Occasions, are to be had, I mean by those who do not understand how, or care not to take the trouble of preparing them themselves; which by being taken and used as the Book directs, will by the Help of God, work a perfect Cure, and the Patients have no Occasion to trouble either themselves or me, for any further Advice or Direction.

This I thought good to hint, with an Assurance that what is written about the several Distempers, is what the Patients afflicted, too truly find, and also that the Remedies for Cure, are well adapted, replete with Power to effect what is said of them, and which I have the Vanity to believe, the Patient will in some measure give Credit to, upon the bare reading what he will find written, tho' I am not so weak as to expect any thing that is or can be said of them, will or can convince him like his making Tryal of them himself, my Encomiums on em. falling far short of what his own Experiencing will prove they deserve. Therefore the Reader is desired to suspend his Opinion of the Book and Medicines, till he has Read the former, and Tried the latter, what ever he judge of the Author, who conceives let what will be said or thought of him, by the Method he has taken to serve the Publick and Himself, it matters not, if what is said and recommended in the Book, answer but the Patient's End.



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A  
TREATISE  
OF  
DISEASES  
OF THE  
Head, Brain *and* Nerves.

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CHAP. I.

*Of the Head-Ach*

**T**HERE are Two sorts of Head-ach, the Recent or New, and Inveterate or Old Head-ach: The former lasts but for a time only; and is either from Cold, hard Drinking, heat of the Sun, violent Exercise, or the like; and goes away as those Occasions wear off. The other is constant or lasting, with very little abatement or intermission, is hard to be eas'd, and which on light Occasions, has Extream sharp Fits, so that the Patient cannot endure any Noise or vehement Motion, or scarce any Light, but desires to lye in the Dark, and be still; for Noise, if it be great, renders him

almost craz'd. But tho', as in some, the Inveterate or Old Head-ach, continues always more or less, in others, it goes away and returns by Fits.

They are both understood by the same common Name of the Head-ach, but are vastly different as to Cure, the first going away upon the occasion ceasing, as I have already said, the other, being of long standing is inveterate and with difficulty removed; it being caused either thro' much Blood, Disorder of the Stomach, or sharp Humours contained within or without the Scull, inflaming the Head, and depraving the Sense. If the Pain be attended with Heaviness, it comes of Plenitude: If with pricking and shooting, it proceeds from sharp Cholerick Humours: If the Head seems distended without Heaviness and Beating, Wind is the Cause; but if with Beating, there is Inflammation in the Films of the Brain: If there be a Heaviness with Distention, it shews Plenitude of Humours within the Films: If the Pain be outward, it is in the Films that cover the Scull; but if inward, and at the Roots of the Eyes, the Films that cover the Brain are griev'd. The external Pain is in the *Petricranium* or the Membrane without the Scull, and comes for the most part from external Cold; the internal Pain is always in the *Meninges* or internal Membranes.

But as the Head-ach, inveterate or old, proceeds chiefly from inward Causes, either from some fault in the Head it self, or disorder of the Stomach, I shall speak only of that, the recent Head-ach, as already said, going away of it self upon a little Rest and Regularity, without any Medicines,

If the Pain proceeds from the Head essentially, there will be no Intermision, but a continual Pain, or if the Pain does remit, it is but for a little time, and returneth again. If



If it proceeds from the Stomach, the Pain will often cease, and return again; also the Appetite will decay, especially if the Stomach abounds much with Flegm; but if the Stomach abounds much with Choler, there will be a Bitterness in the Mouth, a gnawing Pain of the Stomach, a *Nausea* or loathing of Food, trembling of the Heart and Inflammation, which are much increased after sleep.

If the Head-ach proceeds from the Head essentially, I always give my following *Cephalick purging Pills*, which never fail moving off those Humours that infest the Brain and its *Meninges*, whereby the Patient has instant ease.

But when the Head-ach proceeds from the Stomach, I ever give my *Emetick Powder*, presently to be prescrib'd, which gently and safely, yet thoroughly, evacuates the offending Cause, and sets the Patient to rights, more especial y if in each Case my *Cephalick Elixir* prepar'd as follows, on the intermediate days be also taken.

My Cephalick purging Pills are thus prepar'd:

**T**ake of the best Turkey Rhubarb, half an Ounce; Troches of Agarick, an Ounce; Citron Myrabolans, two Drams; Euphorbium, two Scruples; Russia Castor, half an Ounce; Turbith Root, the most gummy, Jallap Root, and Harmodact's, of each an Ounce; Indian Spicknard, a Dram; the best English Saffron, two Drams; Ginger, Cummin Seed, of each a Dram; Flowers of Rosemary, an Handful; bruise them all small and affuse the reon in a Galls Cucurbit, a Quart of compound Piony Water doubly distill'd; close up the Mouth of the Glass, that nothing may evaporate, and set it in a Sand Heat for six Days to digest, then let it cool; and when it is quite cold, press out the Liquor very strongly in a Press, and

and to the Liquor, put of the best *Succotrina Aloes*, two Ounces; *Scammony*, two Ounces; *Coloquintida*, two Ounces; *Mastich*, half an Ounce; all in fine Powder; shake them together very well in the same Cucurbit the Liquor came out of, it being first wash'd very clean from the former Ingredients and dry; set it in the Sand Heat again with the Mouth open, but let the Heat be greater than before, that it may evaporate to the Consistency of an Extract, to which when cold add of the best Salt of Amber, an Ounce; *Camphire* rubb'd fine, half an Ounce; *Flowers of Antimony*, an Ounce; the Volatile Salts of *Hartshorn* and *Armoniack*, of each six Drams; *Chymical Oils of Rosemary, Nutmegs, Amber and Lavender*, of each a Dram; mix all together very well, and keep it for use. Three Pills of this Mass, about the bigness of a large White Pea each, are sufficient for one full Dose; two of them being a Dose large enough for a Person that is easily purged.

My Emetick Powder is thus made:

Take the finest purified Salt Peter, six Drams; Salt of Tartar, two Drams; the best Hungarian Antimony, five Drams; powder them all apart very fine, and mix them well together, then put the Mixture, by little and little at a time, into a Crucible set in a Charcole Fire and made red hot, let the Mixture remain therein till it is melted and flows like Water, then take the Crucible from the Fire, and there will be at the Bottom of it a Mass, which when it is cold will be hard and reddish; take it out of the Crucible and powder it very fine and put it into a digesting Glass, and pour upon it as much Spirit of Rosemary, Nutmegs, and Lavender, equal parts of each, as will cover it three Fingers; set it in a Sand Heat close covered for Twenty Days, or so long as till all the Spirit, being soak'd up by the Powder, seems dried away, and the Powder looks greyish, then take it out and  
rub

rub it again in a Glass Mortar very fine, and add to every Dram of it, sixtythree Grains of fine Salt Peter subtilly powdered, mix them well together, and keep the Powder in a Glass close stopt for use. Twenty Grains of it is a Dose for a grown Person.

My Cephalick Elixir is made thus:

**T**ake Flowers of Rosemary, Cammomile and Lavender, of each half a Pound; Sage, Twelve Ounces, let them be all well dried and finely poudred, by grinding them in an hot Iron Morter with four Ounces of highly calcin'd Salt of Tartar; put them into a Digesting Glass and add of a Man's Scull (that came by a violent Death) rasped, four Ounces; Vitriol calcin'd till it is yellow, half a Pound; Mistletoe of the Oake, three Ounces; Roots of Zedoary, Angelico, and Valerian, of each two Ounces; Orange Peel, two Ounces; Cubebs, Cardamoms, Spickenard, Cloves, Nutmegs, of each an Ounce; Camphire, an Ounce and half; compound Prony Water doubly distil'd, as much as will over-top the Ingredients six Fingers; close the Digesting Glass with all in it, and set it in Horse Dung for a Month, then take it out, and when it is cold, press out the Liquor from the Ingredients till they are dry and fit for nothing; in the Liquor dissolve the finest Salt of Amber, four Ounces; and Elixirate it according to Art. Forty or Fifty Drops of it is a Dose.

By the Signs before given, any one that is afflicted with the Head-ach may distinguish and know his Case, and accordingly with the Medicines prescrib'd may have his Cure, they having been long experienc'd by the Author to be the most effectual in those Cases. The Pills are to be taken either two or three at a time (according as the Patient is more or less easily to be purged) over Night, which will the

next



next Morning give four, five, or six gentle Stools: Warm Water-gruel, Broth, Posset drink or Tea, are Liquors proper to be drank as they operate, and the Patient keeping a little warm the days he takes them, will be the better. They may be repeated twice or thrice in a Week, as there is Occasion, as also may be the *Emetick Ponder*, which is to be taken by those whose Stomachs being foul, &c. are the Cause of the Head-ach; but as the *Pills* are to be taken at Night, the *Ponder* is to be taken in a Morning in a Spoonful of Water gruel; with the same Observation and Care as directed for the *Purging Pills*.

And on the intermediate days of taking either the *Cephalick Purging Pills*, or *Emetick Ponder*, it is necessary for the Patient to take the *Cephalick Elixir*, Forty or Fifty Drops at a time, every Night and Morning in a Glass of Wine, Ale, Beer, Tea, Coffee or what other Liquor, pleases best, which together with the *Pills* or *Ponder* will have wonderful Effects in altering and regulating those Humours that create the Disorder and Pain in the Head.

*Note*, If the Patient afflicted with the Head-ach is young, of a sanguine Complexion, full of Blood, and feverish, then the Day before taking either the *Purging Pills* or *Emetick Ponder*, Bleeding in the Arm, to the Quantiry of about Eight Ounces, will be highly necessary.

A Gentleman about Forty Five Years of Age, was almost from his Minority, grievously afflicted with the Head-ach, which unfitted him for all Business; he had taken many Medicines, us'd Bleeding, Cupping, Issues, Blisters, &c. which but little more than palliated, or for a while eas'd his Pains, at length I being sent to, with an Account of his Case, order'd my *Cephalick Pills* and *Elixir* above mentioned

mentioned to be given him, which greatly reliev'd him; but he complaining also of his Stomach and want of Appetite, I order'd him likewise my *Emetick Ponder* just now prescrib'd, to be taken alternately with the *Pills*, by which he found a sensible mitigation of his Pain, and at length a total cessation of it, that he was perfectly cured.

A young Lady of One and twenty Years of Age, the only Daughter of a worthy Gentleman, had been afflicted with a violent Pain of the Head from a Child, which she was seldom or never free from, and when it was at the worst would cause Vomiting. Her Parents had tryed almost every body; some ascrib'd the Cause to one thing, others to others; at last some body that had heard of the success of my Medicines for the Head, recommended them, and my Opinion was accordingly desired. I order'd her my *Emetick Ponder* and *Cephalick Elixir*, the last to be taken in an Infusion of Sage, Marjoram, Rosemary, Mint, and *Virginia Snake Root*, equal Quantities of each, made like Tea, which she willingly took, tho' the Snake Root made it very bitter and strong, and by continuing them for about two Months she was perfectly restor'd, and is since married, which her Parents, by means of her Indisposition, ever before despair'd of. I could give divers other Instances, but as I design brevity in this Treatise must be oblig'd to forbear.

## C H A P. II.

### *Of the Megrin.*

**T**H E Megrin is a vehement Pain in one half of the Head, either on the Right or Left side thereof, afflicting either the *Teguments* without

without the Scull, or *Meninges* of the Brain within, agreeing in Quality and coming near the Nature of the Old Head-ach, spoken of in the foregoing Chapter. If it be without the Scull, the Part pain'd is most commonly so sore that the Patient can hardly bear its being touch'd; if it be within the Scull, that Soreness is wanting, and the Pain is the more vehement. Sometimes the Pain is more towards the *Occiput* or hinder part of the Head, and sometimes more toward the *Sinciput* or fore part of the Head, or near the Root of the Eye on that side which is pain'd. If it be accidental, it never afflicts the Patient but upon extraordinary Occasions; but if it be habitual, it returns either at set periods of Time, or keeps an uncertain irregular Course, being excited without any apparent Cause, continuing long and with vehémeny that the Patient thinks it will distract him.

From these Signs it appears, that as the Megrims is from like Causes of the Head-ach, spoken of in the last Chapter, so the Cure is to be attempted; and tho' many Authors have prescribed many Medicines both for one and the other, yet they allow they are to be remedied, if such a thing be to be done, with the same Medicines, which I also have experienced; and the best to do it, that ever I met with, are what I have recommended in the former Chapter, and which if the Patient keeps to, I mean both *Pills*, *Powder* and *Elixir*, the former to be taken as mention'd, alternately, that is, one time the *Pills*, the next time the *Powder*, and so on, and the *Elixir* the days on which neither the *Pills* or *Powder* are taken, will undoubtedly free the Patient therefrom, if it be in the Power of Medicine to do it. I have performed the Cure by them in several; and particularly in a Gentlewoman who about the time her  
Monthly



Monthly Visits left her, was so afflicted with the Megrim, sometimes of one side of the Head, at other times on the other, that she had very little Ease Night or Day ; She relating her Case to me, I gave her both my *Pills, Ponder, and Elixir*, which in five Weeks carried off her Pain perfectly, so that she was, and is as free from it as ever in her Life, tho' it is many Months since.

### C H A P. III.

#### *Of the Vertigo, Giddiness or Swimming of the Head.*

**T**HE Vertigo, Giddiness or Swimming of the Head, is a Disease in the Cavities of the Brain, causing the Patient to think all things turn round, and many times causes him to stagger and reel and sometimes to fall down, the Brain and Senses being disturb'd, but often times without any Pain, by a preternatural Exagitation and Commotion, yet depriving not the Patient of either Sense or Motion.

This Disease is twofold, one *Simple*, wherein the Sight remains unhurt, the other *Complex*, wherein the Sight is darkened, as it were, with a Mist or Cloud, and is call'd *Scotoma*.

The Signs by which the Vertigo is known, is, by what has been said, only when the Disease is recent or but gentle, the Patient seldom falls, but staggers as it were, a little, and is confounded in his Mind by a certain kind of Amazement, from the sudden Exagitation of the Animal Spirits, so that if he be walking he knows not where he is, but must be forc'd to stand still to consult the place of his present Station, whither he is going and what is the Occasion, because a strange kind of Forgetfulness seizes him, notwithstanding all this while his internal

na! Senses are not so disturbed, but that he knows he is about Business, tho' the particulars be forgotten, which after a little pause he recollects again, and becomes perfectly well.

Sometimes, as already said, this Affect is accompanied with Dimness and Darkness of the Sight, representing variety of Colours, and things to look double and treble, in which Case not only all the other Symptoms are existent, but the Circumvolution or Rotation of Things seem to be with a great Violence or Vehemency, insomuch that when the Paroxysm seizes the Patient, he will necessarily fall, unless he catches hold of something to support himself.

This Disease happens chiefly in Winter, and to People that are fasting, and is of very dangerous Consequence if not in time remedied; for it comes from Blood and Humours in the Brain, but chiefly from cold Humours and flatulent Vapours arising from the Stomach or other inferior Parts, causing a continual Pain in the Head, Noise in the Ears, Dulness of the Senses, Loss of Smelling and sometimes of Tasting; and if it comes by consent of the Stomach, then there follows a gnawing Pain of the Stomach, Trembling, and sometimes Vomiting, with a bad Digestion.

When the Vertigo has been of long standing, it generally terminates in a *Scotoma*, and too quickly then changes into pernicious Diseases, as the Falling Sickness and Apoplexy. If it happens to old People it is the more dangerous, because of the Weakness of their Brain, Smallness of their Heat and their abounding much with Flegm. If in any that have this Disease, Things appear to their Eyes bloody and reddish, it foretells Madness; if purple Colour, the Falling Sickness, especially such as have the *Scotoma*,

*toma,*

*toma*, or dark Vertigo. Sometimes the Cause of a Vertigo has been from a Bladder of Water contain'd in one of the Ventricks of the Brain, cast off from the vitiated Blood thither, and is seldom if ever curable, tho' the Patient at the same time Eats, Drinks, and Digests well. I never knew one cured when it had been so, but have been an Eye Witness to those that have died thereof, and one particular Man of Seventy odd Years of Age, who was dissected, who tho' he was troubled with a Vertigo, was otherwise constantly in perfect Health. At first the Fits came upon him but two or three times a Year, afterwards they came once a Month, and as he grew older and older, the Disease grew stronger and stronger, and the Paroxysms more frequent and of longer continuance, till at length he had a Fit once a Week: The last Fit he had, he complain'd that all things turn'd round violently, and altho' he lean'd upon a Table, call'd out vehemently for some body to hold him, for else he should fall by the hasty turning round of Things. He desired to go to Bed forthwith, which he did, and whilst he lay still, he seem'd to be somewhat pacify'd; but upon the least turning of his Head or any part of his Body, he cryed out that the Bed and House would be turned topsy turvy; and all this while he had no Convulsion, Frenzy, or Madness, or the least appearance of a Fever, except about four or five Hours before his Death. As I said before, when this Man's Head was open'd, there was found a Bladder of Water about the bigness of a Pigeon's Egg, lying in the foremost Ventricle of the Brain, which alone was the Cause of his Death. The Cure of a Vertigo, if it be simple, is not vey difficult, it being to be done most commonly by Medicines that discuss the flatulent Spi-



rits, which trouble the Ventricles of the Brain, or that still and quiet the too great Emanations of the Animal Spirits, and that comfort and strengthen the Brain that is hurt or weaken'd by the said Flatulency and Irregularities of the Spirits. The first is perform'd by heating Cephalicks inwardly and outwardly, which have Power to discuss any Ventosity lodged in the Cortex of the Brain. The second by Medicines that delight, comfort, refresh, and strengthen the Brain.

Authors innumerate Medicines for both purposes, and those of Amber, Nutmegs, Rosemary, Sage, Oranges, Lemons, Ambergreece, Musk, Peacock's Dung, and the like, but the best thing that ever I knew to be universally successful, is my *Vertiginous Spirit* following, of which fifty Drops being taken every Night and Morning, in a Dish of Green Tea, or which is better, in Tea made of Rosemary, Lavender, Carraway Seeds, Sage, Juniper Berries, and Sweet Marjoram, equal Quantities of each, will have incredible Effect, more especially if a few Drops of the *Spirit* be Snuff'd up the Nostrils twice or thrice a Day also, and the Forehead, Temples, top of the Head, and Nape of the Neck, be bathed with it; by which means the windy Vapours will be dissipated, the Brain comforted, strengthen'd and fortify'd, much more than by any other Medicine that I know of whatever; only now and then it may be proper for the Patient, the better to carry off the offending Cause, to take a Dose of the *Cephalick Purging Pills*, prescribed in the first Chapter, or if he finds any Disorder of the Stomach, to supply their place with the *Emetick Powder* therein also prescribed.

The Vertiginous Spirit is this.

**T**AKE Bete Roots, two Ounces; Marjoram, Lavender, Rosemary, Time, Betony, Wild Time, Sage, of each two Handfuls; Orange and Lemon Peel, of each an Ounce and half; Coriander, Anise, Carraway and Fennel Seeds, of each an Ounce; Nutmegs, two Ounces; Cloves and Mace, of each six Drams; Ginger, half an Ounce; best Russia Castor, half an Ounce; Species Diatrion Pipereon, and Species Aromaticum, Rosatum, of each an Ounce; Salt of Tartar, six Drams; bruise small what is to be bruised, and put all into a Retort, then pour upon them two Quarts of the highest rectified Spirit of Wine; fit a Receiver to the Retort, which lute well together, and set it in a sand Heat for Eight Days, then Distil, drawing off all the Spirit, that the Ingredients may remain dry, then take out the Fire, and when all is cold, which will be in a Day or Two, unlute the Receiver, and pour out the Spirit, in which Dissolve Four Ounces of Camphire, and an Ounce of Salt of Amber, and it is done. Keep it always very close stoppt for use. Dose Fifty Drops.

Being importun'd by a Gentleman afflicted with a Vertigo to do what I could for him, tho' he almost despair'd of being cured; as indeed I did of curing him, by reason he had tried almost all things before, and was therefore loath to undertake him; but I say he greatly importuning me, I gave him a Bottle of my aforesaid *Vertiginous Spirit*, with Directions to take Fifty Drops in the Tea just now mention'd; which he did, as also snuffed, by my Order, some of it up his Nostrils, and bathed his Head, Temples, &c. with the same, by which means he was somewhat relieved; but complaining of Sicknes at his

Stomach, at which time his Vertigo was worse, I gave him four Papers of my *Emetick Powder*, with Orders he should take One every third Morning, and go on with the Spirit as before, which he did accordingly, and found such Benefit that it is scarcely credible to relate, he becoming thereupon, as it were a new Man, and able to be about his Business, never having any the least sign of it after taking the Medicines about five Weeks, and still continues in perfect Health, it being now more than Two Years since.

#### C H A P. IV.

##### *Of Forgetfulness or Dotage.*

**F**orgetfulness is a Disease proceeding from malignant Vapours, or an over hot, or over cold and moist Temperament of the Brain, which renders the Animal Spirits either too Volatile, that the Thoughts are not to be contracted, or else too Torpid, diminishing the natural Heat, that the Person is dull, sluggish, has no Memory, and can think of nothing as he should.

The Causes of those malignant Vapours, or over hot, or cold and moist Temperament of the Brain, are either Natural or Preternatural: If they proceed from Natural Causes, as sometimes they do, from an ill Conformity of the Head and Brain, or over great Thickness of the same, or from too strait or wide Passages, by which the Spirits are either too much compressed or dilated, they are scarcely to be remedied. But if the Causes be from Poison taken, or too many Narcotick Medicines, or from over Watchings, too much Care, bad Air, Sicknefs, or the like, they may in time be remedied; but if  
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from Falls or Blows, that the Brain is concussed, and the Animal Spirits dissipated or spent, are incurable; for in Youth they breed Folly, and in People of Years Dotage.

But Dotage does not happen altogether to old People neither, for as it is a Depravation of the Fancy and Rational Faculty, arising from an Irregular Phantasm of the Brain, by a Fault of the Animal Spirits, which may be figuratively said to be clouded, darken'd, made black, thick, and opacous, young People may be liable to it as well as old. The Signs of Dotage in the beginning of the Distemper, are perceived by the Patient's being much more Talkative than usual, (especially those that are of few Words when they are well) and in those that used to be very Talkative when well, it is perceived by their sitting very mute, taking no Notice of any thing and as it were thinking intently on something tho' when ask'd, can give no Account of what. In the height of Dotage, in a mild temper'd Person, there is Fierceness, Ribaldry and Scurrilous Language, the Motion of the Eyes quick, they being affected by Consent of the Brain, Arteries, Veins and Nerves, the Pulse irregular and swift, with a Perturbation in the Hypochondria, the Speech and Actions at the same time being altogether unaccountable, incongruous and foolish, the Patient being apt to be busied about Toys and Trifles, if not downright Folly, which shews the principal Faculties of the Mind are extremely depraved.

These Diseases are commonly without any Danger attending as to Life, but if they happen to Children very young, they oftentimes make the Child a Fool; but taken in time are to be cured, and so are they many times in People of Years, but not always, as shewn before. I have known, when

they have been taken in time, that a proper Vomit and a Volatile Specifick hath roused up Nature's Force, that the Patient hath recovered, and found his Spirits more Vigete, Lively, and his Memory quicker than at any time before, and that by taking my *Emetick Pouder* prescrib'd in Chapter First, and my *Vertiginous Spirit* in Chapter the Third, and that in the particular Case following.

A Gentleman of a Brisk and Airy Temper, quick Wit and Ingenuity, and of an Excellent Apprehension, Judgment and Memory, fell first into Forgetfulness and Loss of Memory, and after, upon some Trouble of Mind, into a Dotage, insomuch, that he would talk very foolishly, ask the same Question over and over, and would sometimes without any Cause, fall a Laughing, at other times Crying, just like a Child, which shew'd that his Intellectuals were very much depraved, insomuch that I greatly questioned whether I could do him any Service; however, upon his Friends earnest desire I would try, I order'd him Three Papers of my *Emetick Pouder*, and a Bottle of my *Vertiginous Spirit*, with Directions for his taking One of the Papers every other Morning, and Fifty Drops of the *Spirit* every Morning besides, and also every Day about Four in the Afternoon, and at Night mixt in a Glass of the Tea prepar'd with Rosemary, Lavendar, Carraway Seeds, &c. mention'd in the last Chapter, and to use the *Spirit* also outwardly, as therein directed; which was accordingly done, and by that time the Three Papers of *Pouder* (which always vomited him well) were taken, and also the Bottle of *Vertiginous Spirit* taken and used, he grew better, his Memory being sounder and discourses more rational; I therefore order'd he should persist in the same Course, which he did for Three Months together,

or more, and grew well, returning to his perfect and sound Mind and Memory, and never had any thing more of it afterwards.

## C H A P. V.

### *Of Frenzy and Madness.*

**T**HE Frenzy tho' it be not a perfect Madness, yet as it is caus'd from an Inflammation of the Membranes of the Brain, which hurts the Internal Senses, as the Imagination, Judgment, &c. may be said to be a sort of Madness, and the more as there attends those afflicted, a kind of Fury, little and troublesome Sleep, speaking without Sense, pulling, as tho' it were, Straws or the like from the Bedcloaths, being unruly, angry, raging, and the like, and which if not timely remedied, terminates in down right Madness; but as it is what is curable, there is no Danger, provided proper Applications be made; and the first thing that is to be done is to Bleed, and after that to give Vomits and Cephalicks, than which nothing can exceed my *Emetick Powder* for Vomiting, and *Cephalick Elixir* for the other Intentions, both prescribed in Chapter the First, they doing all, as it were, at once, I mean without any other Medicine, if the *Powder* be repeated Twice or Thrice in a Week, in a Morning, and the *Elixir* taken as therein directed. But where there is a perfect Madness and Distraction, other Methods must be taken, as Cupping with Scarifications, large Bleedings, Glysters, Blisters, Hypnoticks, frequent Purging and Vomiting, to do which two last, nothing, I say, can be more prevalent than my *Cephalick Pills* and *Emetick Powder*, given alternately as often as the Patient's strength can bear them.



I know there are many who pretend to Cure Madneſs by ſome particular Methods, others by ſuch and ſuch a peculiar Specifick, but with what Succeſs they know beſt. One came to me once in behalf of a Friend of her's, a Man that had been diſtracted for many Years, and had been in Mad-houſes, and other Places for Cure, but to no Purpoſe. I told the Meſſenger the beſt Medicines I knew for Cure, were my *Emetick Powder* and *Cephalick Purgine Pills*, ſome of both which I gave her, with Directions to give him One Paper of the *Emetick Powder* one Day, and reſting the next Day, to give Three of the *Purgine Pills* the Day following, and ſo every other Day the *Powder* or *Pills*, which was done, and the Patient was much better; but coming for more, the Meſſenger told me they were adviſed to give him the following Drink, as one of the moſt certain Specificks for Madneſs in the World. I anſwer'd I could not tell what Extraordinary Vertues were in it, but they might give it notwithstanding his taking my *Powder* and *Pills*, which they did, and the Man was ſoon after perfectly reſtored to his right Mind but when I heard it, I queſtioned whether that Medicine or mine had moſt contributed to his Recovery, which they could not tell, nor indeed I, only as he was amended by my Medicines before he took the Drink, I had Reaſon to think well of them. However, that the Publick may be the better for knowing it, if there be any thing of what is ſaid in it, I here give the Preſcription juſt as they related it to me.

**T**AKE Dodder of Time, Polypody of the Oak, of each Two Ounces; all the Myrabolans, of each Three Drams; Seeds of Citrons, half an Ounce; Cloves, Three Drams; black Hellebore, Two Drams; Leaves

*Leaves of Sage, Two Handfuls; Rosemary Flowers, an Handful; Stachys Flowers, half an Handful; cut and bruise them, and boil them in Three Quarts of Spring Water, to two Quarts; strain it, and give a Quarter of a Pint every Day at Four a Clock in the Afternoon, and also at Night.*

But as there are various sorts of Madness, *viz.* a Discontented Madness from Vexations, Losses and Crosses in the World; a Religious Madness; a Madness from taking Poison or Poisonous Things; a Madness from the Biting of the Tarantula; a Madness from the Biting of a Mad Dog; a Love Madness, and a Womb Madness, call'd *Furor Uterinus*, to which only Women are subject. I say as there are Eight sorts of Madness, this Drink which I have prescrib'd, and was so commended as a Specifick for Cure, I fear will not have the great Effect said of it, tho' any that please may try it, which was the Reason of my giving the Receipt of it.

## CHAP. VI.

*Of the Lethargy, Carus, or Sleepy Diseases.*

**T**HE Lethargy is a Disease known by the Patients being continually sluggish, and sleepy, scarcely answering if often spoke to, only opening their Eyes and shutting them again, without taking the least notice of any thing that was said to them; and so inclin'd to sleep are they, that if you shake them and rouse them ever so much, they will hardly wake, or at leastwise long, but desire to sleep, and are never satisfy'd without it, or indeed with it; so that the Animal Spirits are, as it were, bound and lock'd up by extraordinary Obstructions, there being  
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attending a gentle Fever, an high Pulse, and Breath weak ; the Cause is from too much Flegm, cooling the Brain in its Windings and hindmost Cells ; which occasions the profound Sleep, and the putrifying Humour being extremely sharp and fretting occasions the Fever, which is in a manner perpetual ; and the slowness of Breath is caused from the Affection of the Nerves of the *Thorax* or Breast.

The Lethargy differs from the *Carus*, because in a *Carus* there is no Fever. It differs from a *Catalepsis*, because in that the Eyes, when the Patient sleeps are open, and in the Lethargy shut.

All sleepy Diseases, if of long continuance, and those happen in Fat, Gross, and Old People, are generally incurable, and by how much deeper the Sleep is, or the Patient the harder to wake, by so much the more is the Disease dangerous, and that especially if it happens after the going off of an Acute Disease ; and if the sleepy Disease be exquisite, and the Strength decays and wastes, it is certainly never to be cured. But if it happens to one that is Young, and in the Heat of Summer, and the Animal Functions be not much impair'd, and all the Natural Evacuations be perfect, there may be a Cure ; to accomplish which, Evacuations by Bleeding, Blistering and Purgings, must be made, the latter not by any thing better than my *Cephalick Pills* prescrib'd in Chapter the first ; and then for a Specifick to repercuss the Humour that offends, and to strengthen the Brain, I cannot advise a more prevalent Preparation than my *Volatile Essence* following ; which discharges the Animal Spirits of their Burthen, and quickens them to an immense Degree. The Method to be observed is this: First, let the Patient bleed in the Arm twelve Ounces, or according as he is in Age and Strength. After that apply



ply a strong large Blister to his Neck, or rather between his Shoulders; then the next Night, or next Morning, which he pleases, let him take Three of the *Cephalick Pills*, which will gently purge him, and every Night and every Morning (excepting the Nights and Mornings he takes the Pills) as also about Four in the Afternoon, let him take Sixty Drops of my *Volatile Essence* in a Dish of Tea, or which is more effectual, in a Dish of the Infusion of Rosemary, Lavender, Carraway Seeds, &c. directed in Chapter the Third, which if followed strictly and the Patient's Nostrils and Temples be rubb'd several times a Day with a little of the *Volatile Essence* also, and a few Drops of it snuff'd up his Nose now and then, will undoubtedly, by the Blessing of God, bring him to himself, if he be curable, and prevent the Distemper for the future, if the Medicines be but for a time continued.

*The Volatile Essence is thus prepar'd.*

**T**AKE *Angelico, Marjoram, Rue, Rosemary, and Lavender Flowers*, of each Two Ounces; the best *Castor*, an Ounce; *Ginger, Pepper, Pellitory of Spain*, of each half an Ounce; *Salt of Tartar*, Three Drams; *Calamus Aromaticus*, half an Ounce; *Species Fleres Archonticon*, Three Drams and half; *Euphorbium* a Dram; *Rectified Spirit of Wine*, Twenty Ounces; bruise the Ingredients that are to be bruised, and mix all together, and digest them in a Retort, well luted to its Receiver, in *Balneo Mariæ* for Ten Days, then distil and draw off the Spirit to dryness, which when it is cold cohobate upon the Fæces, digesting and distilling as before, and to the distill'd Spirit add Spirit of Salt Armoniack and Spirit of Hartshorn, both well satiated with their Volatile Salts, of each two Ounces; Balsam of Pe-  
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ru, an Ounce; Oil of Amber, half an Ounce; Oil of Rue, a Dram; Digest them again for Ten Days more, in which time it will have the Body of an Essence, and be fit for Use. The Dose is Sixty Drops.

## C H A P. VII.

### *Of the Coma, or Unnatural Watchings.*

**T**HE Coma is a great Desire and Inclination to Sleep, but with an utter inability to do it, arising from Narcotick Vapours which infest the Brain, and induce the drowsy or sleepy Indisposition, yet at the same time so trouble and disquiet the Mind, that they cannot sleep at all, but wink with their Eyes and often open them, having a doting kind of Discourse, attended with an inordinate Motion of the Hands and Thighs.

It is caused sometimes by a great weakness of the Faculties of the Body, either from some grievous Disease and violent Pains, or from immoderate Evacuations, which have dissipated the Animal Spirits. Unnatural Watchings, are when the common external Sense is wearied beyond due or just measure, arising from the continual uninterrupted Influx of the Spirits into the Organs, as we find when we have over tired our selves by much Walking, Running or Riding, we cannot sleep, tho' we greatly want and desire it, but tumble, and toss, and stretch.

Unnatural Watchings are also occasioned by too much Light, Noise, Cares of the Mind, being too thoughtful or intent upon Matters, &c. all which hinder Sleep, also Pains, Coughs, Fluxes, a hot Distemper of the Brain, hot, sharp, and salt Vapours, which twitch and disturb the Spirits and *Meninges* of the Brain, making People uneasy and restless,

less; or from defect of such natural Vapours, as procure Rest to the Animal Spirits, which long Abstinence from Food will cause, as also Eating too much, especially Suppers.

When Watchings proceed from a Disease, and become a Coma of long standing, the Cure is very doubtful, especially if they have their Speech hindered, or when they breathe, a murmuring Noise be heard in the Throat, or a thin Humour distils out of the Nostrils, or the Patient not able to swallow without difficulty, for in those Cases it is dangerous, or at least they degenerate into a Lethargy or Frenzy.

The Cure of a Coma or unnatural Watchings, as they proceed from an Humour or internal Cause, that interrupts the Quietude of the Spirits, is best accomplish'd, especially in the Coma, by my *Cephalick Purging Pills* and *Cephalick Elixir*, prescribed in Chapter the first; and which if taken, as therein directed, will carry off those offending Humours, that the Patient will have his Natural Rest, without taking Opiates and other Narcotick Medicines, which, as they only palliate the Distemper, and give ease but for a while, do in the end rather injure than relieve.

## C H A P. VIII.

### *Of the Apoplexy.*

**T**HE Apoplexy is a Disease of the Brain, suddenly depriving the whole Body of Sense and Motion. *Riolanus* defines it to be an Abolition of Sense and Motion, with Respiration hurt, which at last brings Snorting and Suffocation, by reason of thick Flegm obstructing the *Larynx* or Wind-pipe, which also oftentimes and unexpectedly invades all the Ventricles



tricles of the Brain, but especially the Fourth Ventricle, wherein, unless the Matter be dissolved in the Spinal Marrow, Death unavoidably follows. *Fernelius* lays, that an Apoplexy is a Disease bred by an Obstruction of the *Rete Mirabile*, the Afflux of Arterial Blood out of the Heart into the Brain, being thereby intercepted. *Willis* says the Sense of the Word Apoplexy denotes Percussion, and by reason of the stupendious Quality of the Distemper, containing as it were something supernatural, it is call'd Sideration or Blasting; for those struck therewith, are as it were Planet struck, or struck with an invisible Power, falling suddenly to the Ground, and being depriv'd both of Sense and Motion; and the whole Animal Function ceasing (save that they breathe) they lie for a long season as if Dead, and sometimes, yea too often, are dead indeed (many of which I hope to shew might have been, and how others may be preserv'd) but if they revive, they are many times taken with an Universal Palsy, or else with the Palsy of one Side. *Riverius* says it is a most deep Sleep, and a total Privation of Sense and Motion, Breathing excepted, wherein the Patient neither opens his Eyes, answers, or feels, when he is spoken to, or hurt, breathing also with difficulty.

The Apoplexy is either Accidental, coming of a sudden, and falling indifferently upon any Man, tho' not at all pre-dispos'd thereto, for which by the way, no Preventative Method can be instituted; or it is habitual, from a constant Disposition in some People, because of which they are at first only exercised with light approaches thereof, or rather Symptoms; afterwards the Paroxysms are evident, but gentle; but at length they become more obvious and grievous, and of which at last they for the most part die.

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The Apoplexy is distinguish'd according to its Degrees, into Gentle, Strong and Strongest: The Gentle, is that wherein the Patient breathes freely, and easily becomes sensible again. The Strong Apoplexy is that wherein the Patient breathes with very great Difficulty, and as it were with Violence, Snorting and Foaming at the Mouth. The Strongest and most Dangerous, is that in which all Sense and Motion immediately cease throughout the whole Body, the Breath also being stop'd. In this there is neither Snorting nor Foaming, but the Patients lie as if perfectly Dead; but if they do not quickly recover, they ought not to be buried before Three Days be over, it having been known that some so seized have in that space of Time reviv'd again.

The Signs of an Apoplexy are Swoonings, sometimes falling Suddenly and sometimes by Degrees, Sense, Motion, and Voice, being many times taken away, sometimes only diminish'd, Respiration alone, and that with much difficulty, remaining. Some Persons sleep deeply, and, as it were, Snort or Snore; the loosen'd Limbs being lift up, fall down with their own weight, in the manner of dead Persons, and their Eyes are either wide open or quite shut, the Pulse at the same time being strong and full, which has deceived many in the Prognosticks of this Disease; in many there is a Relaxation of the Sphincter Muscles of the *Anus* and Bladder, so that the Excrements and Urine come away involuntarily and insensibly.

An Apoplexy very seldom gives any Warning of its approach, unless in Persons subject to Lethargies or Vertigoes, which in many are Fore-runners of this Disease, as also, in some, are Dimness of Sight, Trembling of the whole Body, Incubus or Night-

Night-mare often afflicting, gnashing of the Teeth in Sleep, and an unusual Heaviness of the Body. It has likewise by many been observed, that smocking much Tobacco, has caused in some Constitutions the Apoplexy, and they give Instances of such being seized while they have been smocking, and died; and this they ascribe to its Narcotick Quality, and say by that means it is Injurious to the Brain, and consequently disposes to Apoplexies: But I am of another Opinion as to the thing in general; for if Tobacco had such a pernicious Quality, the many Years it has been in Vogue, and the Multitudes of People of all sorts that have taken it, would have discovered it in an eminent Degree, and have oblig'd the World to leave smocking it long ago as deleterious. But on the contrary, very many People live to a great Age, and in as good a State of Health, tho' they have long and immoderately used it, as those that take it not. It must indeed be allowed, that it is not agreeable to all Constitutions, but the same may be said of almost every thing else, whether Food or Physick; and tho' we have had Instances of some dying of Apoplexies that have taken Tobacco, yet it does not follow, that Tobacco was the Cause. And I presume no wise Man will conclude from a few Instances of the disagreeableness of any one thing to some Men, when vast Numbers of them on the contrary side may be brought to warrant its Use, that it ought universally to be avoided, or branded with a note of Infamy. My Sense of Tobacco is, That in those Persons with whom it is found to agree, 'tis a very good Drainer of Humours, and so may supply the place of Issues, or at least that fewer of them may be necessary to those who abound with Moisture; for by its irritating, and occasionally enlarging

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(from the great Afflux of the *Saliva*) the Secretory Ducts of the Glandules about the Mouth, as 'tis evident there must be a great Discharge, so a great Diversion is made from the Brain (tho' I allow the greatest part of the Matter comes not immediately from thence, but out of the Blood) whence 'tis adviseable that the Persons who take it, should drink but moderately, least otherwise they do themselves more Hurt by the Supply, than they can receive Benefit by the Discharge. But there is another reason why Tobacco may be useful to those who are dispos'd or subject to Apoplexies, (I mean to those to whom it is agreeable) and that is by the Vellication the Smoke of it impresses on the Nerves of the Mouth, which it makes to contract, so that by consent of Parts the whole Brain is analogously affected, whereby if the Brain happens to be more lax than ordinary, and is dispos'd to receive a Flux of Blood or Serum, as it will after a Person has had and escaped one Fit, it will prove a very useful Administration towards restoring the Tone of it, and thereby preventing the Admission of Heterogeneous Particles into the Tubes of the Nerves, which cause the Symptoms.

And since I have spoken about Tobacco, I will add a Word or Two concerning Snuff, which as it causes not, through its frequent Use, any Sternutation or sneezing, to those who take it constantly, is very prejudicial; and where immoderately taken, by some Persons of some Constitutions, so relaxes the Tone of the Brain, as to dispose to Apoplexies, and that because the Matter of it is gross, and apt to lie long about the Extremities of the Olfactory Nerves, so as continually to affect them, especially where they are ever and anon supply'd with more, which keeps the Pores of those Nerves continually

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open. It is the Opinion of a very great Physician That Snuff, as now a days used, renders those Persons that take it, liable not only to Apoplexies, but also to the Danger of receiving the Pestilence, if any such Distemper should reign (which God forbid) and that much sooner than others, since from the Symptoms, the Pestilence appears to seize the Brain particularly; and the sudden Fate upon Record of those that without any preceding Indisposition have, whilst the last Sickness raged, fallen down in the Streets, was doubtless from the Pestilential Miasms, being easily and at once admitted into the Brain by the Olfactory or Smelling Nerves, render'd more open and lax by the profuse taking of Snuff in those Days; those People that used it most, being the soonest and in the most fatal manner seized with that Disease. It may here be urged, that many, who then used it, received no apparent Injury, nor do those who take it now a-days find any harm by it: Be it so, I think the Objection may as well be urged in favour of immoderate Drinking, many who long indulg'd themselves in that practice, having yet liv'd to a great Age, when however it is evident that many more, have much shortened their Lives by it. But tho' Pestilencies, (from which Thanks be to God we are at present free) or Apoplexies may not be occasion'd by the profuse taking of Snuff, yet the Vertigo and other Distempers which we find debilitate or hurt the Brain, may reasonably be suppos'd from that practice principally to arise.

The Causes of the Apoplexy we have accounted for, and also the Signs: I shall now speak of its Seat, and then of its Prevention and Cure. The Seat of an Apoplexy is without doubt in the more inward recess of the Brain, to wit, the *Corpus Callosum*,

*losum*, and the proximate and immediate Subject of the Disease, is the Animal Spirits inhabiting therein, for that the Understanding, Imagination and common Sense are so deeply affected, as to be perfectly darken'd, and to suffer a total eclipse; but the immediate Subject of this Disaffection is thought to be in the middle part of the Brain; because from thence the Instincts of all Spontaneous Motions proceed, and in this the Perception of all sensible things are terminated.

From Histories and Anatomical Observations of Persons dying of an Apoplexy, Blood has been found extravasated, or out of its proper Vessels, here and there in great Clots, compressing the Substance of the Brain. In others the *Serous Colluvies* have overflow'd the whole Head. In others a large Bladder of Water has been found in one of the Ventricles, compressing the smaller Passages; from which Observations it may be concluded, that the principal places sorely affected are not the greater Ventricles, but the middle marrowy Substance of the Brain and Cerebel, which is every where Porous and endued with very many minute Passages, that both the Vital Spirits may flow in thither from the Blood, and the Animal Spirits may flow forth.

The Cure of the Apoplexy is twofold, in the Fit, or out of the Fit; the Cure out of the Fit, is properly speaking preventative, of which I shall treat after I have shewn what is to be done in the Fit.

The Patient being in a Fit, whether it proceeds from the Blood let out of the Vessels, or a Serous or watery Humour, or the breaking of an Imposthume in the Brain, or other invisible Cause, the Cure must not be the less neglected; therefore immediately set the Patient as upright as may be, for some Hours, (for the Disease being a sleepy one, if the Patient should



be put to Bed it might incline more to sleep, which is expressly against the Intention of Cure) and let him Blood plentifully, for nothing is more capable of sooner relieving, and this Distemper of all others, requires the most sudden Remedy; for the Distention both of the Sanguiferous Vessels, and Habit of the Parts, being thro' Bleeding remov'd, the Fibres which constitute both, must be presumed to contract themselves by their Tonick Motion, but especially those in the Habit. Afterwards, or while this is doing, some proper Sternutatory must be blown up the Nostrils with a Quill. the best of which I ever knew instantly to bring the Patient to himself being my following *Apoplectick Species*, the Virtues of which in one particular Case I will here give you.

A Gentleman being seized with an Apoplectick Fit, several Physicians and Surgeons were call'd by the By-standers, they all immediately endeavoured to let him Blood, but he would not Bleed, at length some one by, who knew the efficacy of my Medicines for Fits and Distempers of the Head, came for me, and told me the Man was dead; if so, I said, I could not fetch him to Life; but it being the common saying when there is danger, that the Patient is either dead or dying, in hopes the Messenger might be mistaken, away I went, taking with me a little of my *Apoplectick Species*. When I got thither I beheld the miserable Object as one dead indeed, he lying so very stupified, as that no Life could be perceived to be in him, and as a dead Man I look'd upon him. Bleed I found he would not, nor could any thing be got down his Throat, therefore I instantly caused a By-stander to blow a little of my *Species* forcibly up his Nostrils, by which means he a little while after began to stir, I then order'd 'em to blow up a little more, upon which a large Evacuation of Pus, Water,  
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and Viscous Matter mixt with Blood, was immediately made, whereupon he a little revived, and being almost come to himself, a very great Flux of Blood (near upon a Quart) presently followed thro' his Nostrils, so that in about an Hours time or a little more, after the use of the *Species*, he perfectly recovered from his Fit, his Understanding, Speech and Senses being all restor'd. This Danger being over, the next thing to be considered for him, was how to prevent any more Fits for the future; therefore I order'd him my *Cephalick Pills* and *Cephalick Elixir*, prescribed in Chapter the First, to be taken as there directed, which had the desir'd effect.

My Apoplectick *Species* are thus prepared :

**T**AKE Lilly of the Vally Flowers, Lavender and Rosemary Flowers, of each Three Drams; Marjoram, Betony, of each Two Drams; Galangals, Pellitory of Spain, Rocket Seeds, of each half a Dram; Nutmegs, a Dram and half; the best Castor, a Dram; Powder them all very fine, and sprinkle them with Essence of Cloves, Essence of Amber, and the best East-India Oil of Cinnamon, equal parts of each, sufficient to make them into a Paste, which then put into a small Digesting Glass well luted, that nothing may evaporate, set it in a very moderate Sand-Heat till the liquid is thoroughly imbibed, and the Powder become dry; then take the Glass out of the Sand, and when it is cold take out the Powder and rub it in a Glass Mortar, adding to it, Flowers of Benjamin, a Dram; Volatile Salt of Amber, a Dram and half; Yellow Precipitate, artfully prepared and very finely powdered, Three Drams; mix all together very well, and keep it in a Glass very well stoppt, that no Air may get to it, for Use.

In a Fit of the Apoplexy, besides Bleeding and using my Apoplectick *Species* above prescrib'd, the

Mouth of the Patient must, if possible, be opened and be kept so, and something given to drink, if it be no more than about Twenty Drops of Spirit of *Sal Amoniack* or Hartshorn, in a Glass of fair Water, also the Arms, Hands, Thighs, Legs and Feet, are to be chafed or rubbed with Oil of Amber, or the like; also a Glister is to be given him forthwith, if it be possible to be done, likewise Cupping, with Scarifications, Blisters and Issues, but the latter take up so much more time to relieve than such dangerous Cases will allow of, that the only present Help in the Exigency, is Bleeding, and the Use of my *Apoplectick Species*, with Anointing, unless any thing can be gotten down the Throat as just now mentioned.

As the Recovering a Patient out of a Fit of the Apoplexy, when there is so much Danger, and Life is so immediately threaten'd, is a very happy thing, so to prevent the Fits for the future, or secure those from them, that have the Symptoms of them, is not a much less good Service; for we have seen and known many that have had one Fit after another, and each Fit more dangerous, till at length Life hath been carried away indeed, therefore tho' it be difficult to prevent the Fits, yet I persuade my self, if the Patient follows the Rules I shall lay down, he will not only be secured from more, while he is taking the Medicines, but will find the very Cause of the Disease taken away so effectually, that upon his desisting to take them he will hear no more of his Malady.

Therefore let such that are subject to the Apoplexy, or in fear of that Disease, take Three of my *Cephalick Pills* every fourth or fifth Morning, which will gently purge him, calling away Humours from the Blood which infest the Brain; and those Mornings he does not take the *Pills*, he is to take Fifty Drops  
of



of my *Cephalick Elixir* in a Glass of fair Water, or mix'd with a little Wine, if the Water be too raw for his Stomach; as also the same Dose every Night going to Bed; which *Elixir* is a Specifick Medicine, corroborating the Head, Brain and Spirits, and keeping the Blood in due order. And if he finds any disposition to a Fit, by any of the Signs or Symptoms mentioned to attend Apoplexies, he should once a Week snuff up into each Nostril, the quantity of a very small white Pea or less of my *Apoplectick Species* afore-mentioned, at Night an Hour or two before he goes to Bed, which will purge the Head and Brain, and discharge from the Nostrils and Mouth a large quantity of Viscous Humour, that in those Cases infests the Brain, whereby the Patient will be much more lightsome and easy, as by so much the Brain has been clear'd of the Humour offending it. Thus will no People, in my Opinion, be troubled with Apoplexies, as we frequently see they are; I taking the Medicines I have recommended to be such for those Purposes, as are not to be excell'd; and hope those that use them will have cause to say their Effect have not fallen short of my Account of them.

## C H A P. IX.

### *Of the Palsy and other Nervous Diseases.*

**T**H E Palsy is a Resolution or Relaxation of the Nerves from their due Habit, by which means Motion and Sense, sometimes one only, sometimes both together, in the whole Body, or in some Part or Parts thereof, cannot be used or exercised after their due manner.

It is a Disease either perfect, in which Sense and Motion are quite lost and gone, or imperfect, where-

in Sense or Motion are only decay'd or diminish'd, so as to occasion a Trembling or Shaking of the Parts affected, and in this latter, if the Diminution be but small, it cannot be properly call'd a Palsy, but a *Stupor* or Numbness, which however is commonly the fore-runner of a true Palsy.

A Palsy may be either from the hurt of the Motive Faculty, the Sense remaining sound, or from the hurt of the Sensitive, the Motive remaining well. The Cause may be either from a Solution of Unity in the Nerves, as by a Bruise from a Fall or Blow, or by a Wound, or from a Relaxation of the *Vertebrae* of the Back, suddenly caused, or it may come from innate Causes, or cold pituitous Humours, which relax and dissolve the Tone of the Nerves, or from straitness or narrowness of the Nerves caused by Obstructions, or by Constipation from some Tumour, &c. or from thin, sharp, serous and windy Humours moved in the Bowels, not only to the beginning of the Orifices of the Nerves, but to the very Muscles and Tendons; or it may proceed from Causes external and foreign, as from Narcoticks, or Poisons, immeasurably drinking strong Liquors, the taking of Henbane, Opium, Quicksilver, Antimony, Arsnick, or the like. To the external Causes may also be added the excess of Heat or Cold; by the first of which the Spirits are wasted and spent, and by the latter they are obstructed in their Passages by Congelation, &c. or it comes by Consent of Parts, and that for the most Part in Scorbutick Habits of Body, but the general Causes of a Palsy, are all those which hinder the Passage of the Animal Spirits into the Nerves and Muscles, and in whatever part they are interrupted from flowing, there will be a Palsy in that Part, it being impossible for the Nerves to act or perform their Function as they ought, without being sufficiently fill'd and invigorated by the Spirits.

In whatever place, I say, this Hindrance happens, whether about the Spinal Marrow, or about the Conjugations or Branches of the Nerves proceeding therefrom, it causes a Palsy either of more or fewer Parts, according as the Nerves affected are more general or particular.

If the Nerves that take their rise near the Brain, or in the beginning of their Passage from the Brain, or the spinal Marrow lying just under the Brain, be hurt or affected, there is commonly a general Palsy, wherein also Breathing, the Voice, Speech and Swallowing, with some excreffive Motions, do suffer hurt. But if the Hurt is in the following Production of this Marrow, it makes those Members only paralytick, into which its Branches or Nerves are inserted. But the Palsy is so much the more general by how much the Affect of the said spinal Marrow is near to the Brain, or Original of the Nerves.

If the Eye be affected with the Palsy, the visive Nerves are originally hurt, as also the *Cerebrum* it self. If the Tongue is Paralytick, the Conjugation of Nerves serving the Tongue is hurt, and the Speech is also defective, and by reason of its Community with the Auditory Nerve, if the defect be so great as to cause a Total loss of Speech, the Patient is for the most part Deaf also. If there be a Palsy of the Larynx, Jaws, Midriff, as also of the Bladder and Fundament, the Nerves of the sixth and seventh Conjugations, are hurt about their Original. If there be a defect of the Voice, the Recurrent Nerve is affected. If there be a defect in Swallowing, the Nerves that go to the Muscles of the Jaws are hurt; if there be danger of Suffocation, the Nerves that go to the Midriff are hurt, tho' the Midriff (so useful in Breathing) can otherwise, in some sort, perform its Office, for that it receives Nerves also from the Spinal Marrow.



If the *Sphincter Muscles* of the *Bladder* and *Anus* be paralytick, there follows an involuntary voiding of *Urine* and the *Excrements*, the *Conjugations* of *Nerves* supplying those *Parts*, being generally affected or hurt.

If the *Palsy* is in the *Legs*, the *Nerves* affected are about the bottom of the *Spinal Marrow*, and the *Vertebrae* of the *Os Sacrum*. And thus we must search out for the place whence the *Nerves* spring, which are dispersed to those *Parts* affected with the *Palsy*, and that being known, the *Cure* is the easier accomplished. From these things it is apparent what *Conjugation* of *Nerves* are most affected, when the *Palsy* is in this or that *Part* only; but when there is an universal *Palsy*, there is, for the most part, an Affection of the whole *Genus Nervosum* or *Nervous System*, which comes to pals from one or more of the *Causes* already mention'd

The *Signs* of the *Palsy* are manifest, to wit, Depravation of *Sense* and *Motion* of the *Parts*; the *Eye*, if that be affected, is weakned and depraved on that side where the *Part* is affected for want of *Nourishment*; the *Speech* is much alter'd; the *Urine* is most times white and thin by means of *Obstructions*. If it comes from a *Blow*, *Fall*, *Wound*, &c. or upon an *Apoplexy*, *Lethargy*, *Carus*, or other *Affects* of the *Brain* or *Genus Nervosum*, it will not quickly be cured; no more will the *Palsy* in young *People* proceeding from a cold and moist matter, because of the dissimilitude of the *Disease* to the *Nature* of such *Patients*. The *Palsy* in old *People* is never perfectly cured, because they want *Natural Heat*; and an inveterate *Palsy* is most commonly incurable.

The *Cure* of the *Palsy* therefore is uncertain, according as is the *Cause* and *Strength* of the *Disease*, and *Constitution* of the *Patient*; nor is it in any cured

cured but by first and chiefly altering the whole Habit of the Body; rectifying the discracy of the Blood, and removing the Morbifick Matter offending, and then at last by strengthening the Parts hurt, that they may for the future be able to resist all other Assaults of the Disease.

To do this, Medicines must be both inwardly taken and outwardly apply'd. Authors have not been sparing in their Prescriptions for that purpose, there being numbers of them to be met with; but it is to be doubted many of them would be found to be of very little, if any, effect; I have known many of the (reputed) celebrated ones made use of, but the Benefit was not equivalent to the Trouble, nor indeed can I say any one of the many I have met with, have come near answering their Characters, tho' I my self have used them with the strictest Care and Observation, which put me upon considering how to find out those that might be effectual, and which I have accomplish'd so far, as to cure in many cases of that kind, I might say most, and even in inveterate Palsies; and by a constant Application of those Medicines, I know not what effects may be produced, it may be more than I am willing to say, or the Patient may expect.

The Medicines I speak of are only Two, one is my *Paralytick Elixir* for inward use, which is this:

### The Paralytick Elixir.

**T**AKE Pellitory of Spain, long Pepper, and Ginger, of each an Ounce; Scorzonera, Cloves, Mace, and Cinnamon, of each six Drams; Zedoary, Galangals, Nutmegs, Wood of Aloes and Juniper Berries, of each Ten Drams; black Pepper, Cardamons, Dittany, Coriander Seeds, Alkermes Berries, Cubebs and Bay-Berries,

ries, of each one Ounce; Orange Peel and Citron Peel, of each six Drams; Spicknard, Sage, Rosemary, Lavender, Chamomile Flowers, and Penny-Royal, of each an Ounce; Salt of Tartar, half an Ounce; cut, slice, and bruise the Ingredients as they require, and put them into a Digesting Glass, and pour upon them a Pint and half of compound Radish Water doubly distill'd; let them digest close stop'd that nothing may evaporate, for Forty Eight Hours in a Sand Heat; and when cold, strain off the Liquor, pressing the Ingredients strongly in a Press; then, put the Ingredients into the Digesting Glass again, and pour upon them another Pint and half of compound Radish Water, digesting and pressing out the Liquor as before; mix the Two Liquors together in a fresh Digesting Glass, to which put of the finest Succotrina Aloes, an Ounce; Salt of Amber, an Ounce and half; Volatile Salts of Hartshorn and Armoniack, of each half an Ounce; Camphire, an Ounce; digest them close stop'd, in a Sand Heat, for Forty Eight Hours, or so long as till it be Elixirated, which will be when the Aloes, Salts, and Camphire, are perfectly dissolved and united with the Liquor. The Dose is Fifty or Sixty Drops.

The other is my Nerve Fotus, for outward Use, and is thus prepared:

#### The Nerve Fotus.

**T**AKE Oil of Amber, of Turpentine, of Bays and of Spike, of each half a Pint; mix them together and put them into a Glass Retort with Galbanum, and Gum Elemi, of each an Ounce; let them stand a Week or Ten Days in digestion close stop'd, in a moderate Sand Heat. Then take Nutmegs, Cloves, Galangals, Cinnamon, Zedoary, Pepper and Cubebs, of each an Ounce; Salt of Tartar, Two Drams; rectified Spirit of Wine, Twelve Ounces;



Ounces; put them all into a Digesting Glass, and let them stand in a Sand Heat for a Week or Ten Days; after which put them to the other Ingredients in the Retort and distil them. First will come off a Spirit, then a Yellow Oil, and at last a Black Oil, which mix altogether, and add to them Four Ounces of Camphire, and digest them close stop'd, so long as till they are all united, and it is done.

The aforesaid Elixir is to be taken in Drops, Fifty or Sixty at a time, every Night and Morning, in a Glass of the following Drink, which will keep the Body soluble. With the Nerve Fetus the Parts affected are to be bathed, every Night and Morning cold as it is, and is to be rubbed in with a warm Hand, till it is all dried in; and if the Spine or Back-bone from the Nape of the Neck to the Rump be bathed with it also, it will be so much the better.

The Drink to take the Elixir in, is this:

**T**AKE new Ale from the Tun, Four Gallons, White Wine, one Gallon; Juice of Scurvy Grass, Three Pints; Juices of Tarragon, Water-Cresses and Brooklime, of each one Pint; Shavings of Horse radish Roots, Mustard-seed bruised, of each Four Ounces and an half; put the Ingredients into a Bag, which put into the Ale and Juices, first mix'd together, let them work up all together; and when the Fermentation is over, and the Drink settled, which will be in about Five or Six Days, Bottle it off, putting a Clove slit into each Bottle, and also an Ounce of White Sugar.

In a Quarter of a Pint of this Drink the Drops are to be taken, and the Drink may be drank by it self at Table, or any other time, if the Patient pleases.

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But where the Case is slight, or the Patient cares not for the trouble of preparing this Drink, the *Paralytick Elixir* may be taken in a Glals of Wine and Water, or any other convenient agreeable Liquor.

By the Volatile and Operative Quality of the Drink and *Elixir*, a speedy flowing of the Spirits will be let into the *Genus Nervosum*, for they not only alter the Blood and Juices of the whole Body, but also remove the offending Cause, circulate the Spirits, and give Strength, and that as well in all manner of Diseases of the Nerves, as in the Palsy, and with that good effect, that 'tis believed no Medicines can do more.

A certain Gentleman by a Fall from his own Coach hurt his Back, that he could not stand upright, at length it brought on a Palsy, some part of the Nerves of the Seventh *Vertebrae* being hurt in their Original; to cure him many things were apply'd, but in vain, till being told of my Curing Diseases of the Head, Brain and Nerves, he sent to me an Account of his Case; I gave the Messenger a Bottle of my *Paralytick Elixir*, and another of my *Nerve Fetus*, which he taking and using as I directed, became perfectly well in Twelve Days time, tho' he had kept his Bed Seven Weeks before.

## C H A P. X.

*Of the Epilepsy or Falling-Sickness, also of Convulsions and the Cramp.*

**T**HE Epilepsy or Falling-Sickness, is a Convulsive Motion of the whole Body, coming by Fits, depriving the Sick suddenly both of Reason and Sense, wherein the whole Body is contracted. *Galen* calls the Falling-Sickness always a Convulsion, but improperly, for it is not a true Convulsion, but a Convulsive

five Motion of the whole Body, wherein all the External and Internal Senses are abolish'd.

It is call'd the Falling-Sickness, because many times the Persons afflicted, fall down when their Fits come upon them; it is also call'd *Morbus Sacer*, either because it doth contaminate, as it were, the Sacred Soul or Life, or because it is seated in the Head, the Sacred Temple of the Soul, as Philosophers say, or else call'd so from the Greatness of the Disease, or rather because it is a Disease not often cured (if it be inveterate) by Human Help, but by Divine Aid. It is also by Authors call'd *Morbus Hercules*, and that either because *Hercules*, as the Poets feign, was taken with this Distemper, or because it is hard, like his Labours, and difficult to cure. Others call it *Morbus Puerilis*, because Children when they begin to have Teeth, are often seized with this Disease, also *Morbus Comitialis*, because it takes Men on a sudden, when they are in Company; also *Morbus Lunaticus*, because People are generally seiz'd with it, at certain times of the Moon, as the New and Full; likewise *Morbus Santicus*, because it is a Distemper that much afflicts and hurts the Person who has it.

When the Fit comes, the Patient falls down, is plucked up together, trembles, turns about, snorts, crys out, and foams at the Mouth, and makes a kind of roaring or howling Noise, clashing or grating and closing his Teeth, fast shutting and holding together his Fingers, voiding his Urine and Excrements insensibly, and foaming at Mouth froth, like the White of an Egg beat up with a Wisk.

It is caused of gross Flegm, or sharp Choler, obstructing the Passage of the Spirits in the Ventricles of the Brain, which within pulls or twinges the principal Nerves, and thereby causes a straitning of the  
Passage,



Passage, by which there follows a drawing back and shutting up of the Animal Spirits which cause Sense; from defect of which, there follows immediately all the Symptoms of this Disease, and by which the Parts suffer a Convulsive Motion.

Tho' what has been said to be the Cause, yet there are many afflicted with this Disease Hereditarily, from the same Diseasy Principle in their Parents, so that they bring it into the World with them; but upon general Observation it is a Disease chiefly occasioned by some Posterior Accident.

There are differences of this Disease according to its Cause, and the Constitution it seizes on. One is recent, or but newly begun, the other inveterate and of long standing. There is also another more mild, in which some certain Parts only, suffer a Convulsion; or else more grievous, wherein there is a Convulsion of the whole Body. Another is periodical, coming once or twice a Year, or once or twice a Month, at New or full Moon, or oftner, but always keeping its certain times, tho' others again I have known to be surpriz'd with the Fits unawares.

It is a Disease to some, from an Epileptick Disposition in the Brain, to others from a preceding Cause in the inferior Parts, to others from Distempers of the Stomach, to others from Worms, to others from the Womb, and to others from hurts of the external Parts; it never seizes some till they are grown up in Years, and others never but in their Infancy; but tho' it most commonly happens to Children, yet it sometimes afflicts grown Persons, and it is remark'd by *Galen* to be a Disease incurable, if it takes them after the Age of Twenty five Years.

The Cure of this Disease is twofold, when the Disease is upon them, and when the Fit is over.

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When the Fit is upon them, Authors advise to give a few Drops of Spirit of Hartshorn, Castor, or the like, in a Glass of fair Water, and to smell to the same, rubbing the Nostrils a little with it, or with Oil of Amber. And when the Fit is over, to prevent it for the future, they order Blisters, Glisters, Purges, Vomits, Cuppings, and the like, and give Specificks inwardly, which they prescribe, but they are so numerous that it is inconsistent with the brevity I design in this Treatise, to note them, as 'tis judg'd they would, many of them at least, be insignificant if I did.

I have attended many Patients in my time both in and out of the Fits, and tho' I have used many things recommended, I could not find any thing come near my *Epileptick Spirit* following, both to recover Patients when in Fits, and to rectify the Indisposition of the Parts, in order to prevent them for the future. But the Method I use when I see any one in a Fit, is this, I immediately order a little of my *Apoplectick Species*, prescrib'd in Chapter the 8th, to be blow'd up each Nostril, and give inwardly a few Drops of the *Epileptick Spirit*, as Thirty to a grown Person, and Five or Six to Children, in a Glass of fair Water, rubbing the Nostrils, Temples, top of the Head and Nape of the Neck with a little of the *Spirit* also, which almost Instantly, as soon as the *Species* begin to operate, brings the Patient out of the Fit. After that is done, to prevent the Fits for the future, I first purge the Patient with my *Cephalick Pills* prescrib'd in the 1st Chapter, giving them, as there directed, according to Age or Strength, every third or fourth Day; and in the intermediate days, I give Thirty, Forty or Fifty Drops of my *Epileptick Spirit*, every Night and Morning in a Glass of fair Water, which is the best Vehicle; and order the top of the Head,

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Nape

Nape of the Neck, Temples and Back-bone, to be rubb'd with my *Nerve Potus*, prescrib'd in the 9th Chapter, every Night and Morning: This Course wonderfully corrects and alters the Humours of the Body, and strengthens the whole Man, especially if it be continued for some time after the Period the Fits usually return; and I believe scarce one Patient in Twenty, where the Disease is not Hereditary, will by this Method ever fail of being cured.

The Epileptick Spirit is thus made :

**T**AKE Forty Live Swallows; Six Young Magpies; Two Ravens; beat them all to masb, Feathers and all; White Peacock's Dung, half a Pound; Mistletoe of the Oak, and Male Piony Roots, of each Six Ounces; Castor, an Ounce; Man's Skull, Four Ounces; Piony Seeds, Acorus-Roots, of each an Ounce and half; the Blood of a Deer fresh kill'd, Four Pounds; Lavender and Rosemary Flowers, of each Four Handfuls; bruise them all small, put them into a Retort, and pour upon them of the strongest compound Piony Water, Two Quarts; fit a Receiver to the Retort, luting it well, and set it to digest for Forty Days in Horse Dung; then distil in Sand with a Moderate Heat (lest the Ingredients bur.) to dryness. To every Pint of the distill'd Spirit, add Spirit of Amber, Lavender, and Rosemary, of each an Ounce; Spirit of Man's Skull, Elks-hoof and Hartshorn, of each Six Drams; Tincture of Luna and Coral, of each Two Ounces; Volatile Salt of Amber and Man's Skull, of each half an Ounce; mix all together very well, and let it stand close stop'd in a Sand Heat till the Salts are dissolved, and the whole is intirely incorporated, which will be in about Five Days, and it is done. Dose Forty or Fifty Drops.

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The like good Service will these Medicines I have now mentioned do in Convulsions, which is a Disease from a forced Contraction of the Nerves and Muscles towards their Original, which is the Brain and Spinal Marrow, wherein the voluntary Motion of the Joints is hurt, the natural form and situation is deprav'd or changed, and the Parts affected are annoyed with a most sharp Pain.

There are Four kinds of Convulsions, one when the whole Body is bended or drawn forward, another when the whole Body is convulsed and drawn backward, another when the Convulsion is equally both ways, so that the whole Body is stiff like a Stake, that it cannot be moved any way, and the other is when it happens to particular Parts, as the Hands, Arms, Legs, Thighs, Hips, and sometimes remarkable when it happens to the Bowels, Stomach, &c. When it happens to the Hands, Arms, Legs, &c. it is what is call'd the Cramp.

The Brain is oftentimes affected in this Disease, and sometimes the Marrow of the Back or *Spina Medulla*, as also the Nerves and Muscles as said before.

The Signs are manifest, and the Causes many, as from Wounds, loss of much Blood, cold Humours, Flegm, the taking of Hellebore, Drunkenness, Surfeiting, pricking a Nerve or Tendon, Worms, biting of venomous Beasts, or the like. But be the Cause from what it will, I could never find the Cure better or sooner accomplish'd than by the Method and Medicines a little before mentioned and prescribed, which if followed as directed for the Falling-Sickness, answers the Intention so much, as I may presume to say nothing can do more. And one thing I can't but note before I leave this Chapter, which is, that for the Cramp of the Legs, &c. which many People are often troubled with, there is not a better Medi-

cine upon Earth to bathe with, than my *Nerve Fotus*, mentioned in the 9th Chapter, as they that use it will say.

## C H A P. XI.

### *Of the Incubus or Night-Mare.*

**T**HE Night-mare, or as some call it, the Hag, is a Nocturnal Disease arising from thick Vapours which chiefly obstruct the hinder part of the Brain, by which the Flux of Animal Spirits being stop'd, Breathing is hindred, the Voice intercepted, and the Body so oppress'd (as it were between sleeping and waking) with a weight lying upon the Breast and holding fast the Man, that, notwithstanding all his Endeavours, the whole Faculty of moving seems for a season to be abolished.

I say, in the time of the Fit, the Patient endeavours and strives with vehemency to stir, move, and shake off his Burden, but in vain; for when the Fit is off, and he comes to himself, he finds he is not moved an Hair's breadth, but lyes in the same Place and Posture, tho' he thought he struggled strongly with what oppress'd him, and that he cry'd out, when indeed he never spoke one Word; but because of the great Oppression about the Heart and Midriff, and fear of Suffocation, he commonly groans, and thereby expresses the Weight of his Affliction with Fear and Terror. And tho' this Disease so strongly seizes the universal Man in the Fit, as to abolish all manner of external Motion, yet it hurts the Understanding and internal Senses but little, nor indeed the common Senses of Feeling, because if any one, being by, does but touch or pull the Patient, tho' he be in the height of the Fit, he will immediately

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come to himself, and perfectly remember and tell all the Circumstances of the Affliction.

As from the great oppression the Patient groans, so also are the inward Senses of many so disturb'd, as that they believe it was a Spirit that held them, or that they were hag-riden (whence comes the Name) or that some Witch or Devil, sometimes in one Shape, sometimes in another, as of a Dog, a Cat, Bear, &c. lyes upon and oppresses them, and will positively tell you, and themselves verily believe it, that they struck the Devil or Witch, when at the same time they never stirr'd their Hands or Arms, as aforesaid, an Hair's breadth from the Place.

This Disease happens to those who sleep on their Back, and rarely to those who sleep on their Side. Those who have this Disease much and often, are in danger of falling into the *Apoplexy*, *Vertigo*, *Madness*, *Palsy*, or *Epilepsy*; many Children dye of this Disease in the Night, by reason of abundance of thick Vapours arising from the Milk they suck, by which means many Nurses have been hardly and unjustly censured for Over-laying their Nurseries, when in Truth they have dyed of this Disease. Those that use a Temperate Dyet, are seldom molested with the Night-Mare, but it chiefly happens to such as are loaded with Crudities, and are Intemperate; as also to Corpulent People, and Children, and others who eat too much, especially at Night, and have bad Digestions,

The Indications of the Cure of this Distemper are threefold: First the Humour or Matter that interrupts the Flux of the Animal Spirits is to be removed, which is done by proper evacuating Medicines. Secondly, the discrasy of the Blood is to be rectified and reduced to its pristine state of Health, which is done by Specifick and Alterative Medicines. Thirdly,



the Parts affected and weaken'd by the Force of the Morbifick Matter, are to be strengthen'd; to do which, the same Order and Method, and the same Medicaments that I have recommended in the last Chapter, for the Cure of the Falling Sickness, are most proper, tho' truly Medicines less in Power and Virtue than they are endued with, might in this Disease serve the turn; tho' I cannot but say as they are the most powerful, so they are more certain and speedy in their Operation, and less of them than others will suffice to compleat the Cure. I do therefore for those Reasons recommend them, and assure the Patient that he will not be mistaken in his Expectations of a Cure by their Use.

## C H A P. XII.

*Of a Catarrh or Defluxion of Rheum, hurting the Sight, Hearing, Smelling, Tasting, Swallowing, &c.*

**A** Catarrh or Defluxion, or as some call it, a Distillation, is, according to the Ancients, a flowing of some Excrementitious Humours from the Brain to the lower Parts, as to the Eyes, Nose, Mouth, Palate, Throat, Lungs, &c. so that the Brain is chiefly affected, the concoctive Faculty of it being hurt, or the expulsive Faculty irritated and stirred up, from an abundant Repletion of Flegmatick Rheum, either generated in the Brain, from the hurt of the concoctive Faculty, or through the fault of the Brain it self.

There are many kinds of those Rheums, some more thick, others more thin, some acrid and salt, others more sweet, some flow more violently, others more slowly. If it be hot, 'tis sharp and thin, flowing by the Nose and Mouth, the Forehead and the Face are hot

hot, and the Nose many times swells. If it be cold, there is Pain and Dulness of the Head; the Humour that floweth down, is not sharp or pricking, but the Patient is drowsy, his Eyes dazle, his Hearing thick, his Nostrils stop'd, all his Senses dull, his Eyes and his whole Body heavy and lumpish, and each of these is more or less, as the Humour falleth more or less upon that Part: If the Rheum falls upon the Eyes, they look red, swell'd and sore, damaging the Sight if not soon cured; if upon the Nose, there is Stoppage of the Nostrils, loss of Smelling, and the Nostrils are sore, by the sharpness of the Humour, and violent Sneezing follows; if it falls upon the Ears, it causes Pain in them, Deafness, and oftentimes Imposthumes; if it descends upon the Palate, it causes Inflammation of it, Relaxation of the *Uvula* (which good Women call the falling down of the Palate) Swelling and Soreness, also hurt of the Taste; if the Rheum falls upon the Throat, it causes Inflammation and Swelling of the Glandules (vulgarly call'd the Almonds of the Ears, and deem'd their falling down) and hinders Swallowing, so that nothing can be got down but with very great difficulty; if the Rheum rushes down upon the Lungs, it causes, if it be sharp and violent, a dangerous Suffocation, or at least an Obstruction of the Lungs, from whence often ensues shortness of Breath, difficulty of Breathing, and a vehement Cough, which if not in time remedied, brings the Patient into a Consumption; if the Catarrhus Humour translates it self upon the Limbs, Joints, or Nerves, as it will in time if not carried off, there is Pain, Weakness and Trembling.

Sometimes the superfluous Humour is thrown upon the Glandules of the whole Body, which alters their Tone, so that if it happens upon the Glands of the *Mesentery*, there follows a Watry Disposition

of the whole Body, which sometimes endangers a Dropsy or other desperate Disease.

The Causes of those Rheums are many, as Corrupt Air, hot Liquors, and Spices taken out of measure; but the chief Cause the Ancients say is an over hot, or over cold, or moist Distemperature of the Brain; yet some Authors averr, that a hot Liver and cold Stomach are the two chief Seminaries of Rheums. But as in every Catarrh, it is evident that the Head, and Brain are very much affected, they are especially to be taken care of; so as that they be purged with proper Purges, and after that corroborated; the superfluous Moisture must also be dried up, and the Part or Parts to which the Rheim flows, must at last be strengthen'd.

To accomplish this, I know nothing better than first to purge with my *Cephalick Purging Pills*, prescrib'd in the first Chapter, every other Day till the Rheim is abated, and on those Days you do not purge, to take at Night going to Bed, and in the Morning at rising, a Dose of my *Cephalick Elixir*, likewise prescribed in the said first Chapter; and also to bathe all the Head, Nape of the Neck, Temples and behind the Ears with my *Nerve Fots*, prescribed in the Ninth Chapter; all which being strictly follow'd, will both remove the offending Humour, corroborate the Head and Brain, and strengthen the weakened Parts, beyond any thing perhaps known or used.

FINIS.



A  
**DISCOURSE**  
 OF THE  
 Nature, real Cause, and certain Cure  
 OF  
*Melancholy in M E N,*  
 AND  
*Vapours in W O M E N:*

Instructing Persons how to Cure themselves absolutely, of those perplexing and pernicious Disorders; with Safety, Ease, and Expedition.

C H A P. I.

*Of Melancholy; its Nature, Cause, and Cure.*

**T**H O' Melancholy cannot be strictly said to be a Disease of the Head, yet as the Head is oftentimes disturbed by it, it comes properly enough to be spoken of here.

Melancholy, or as some call it, the Hippo, is a sort of Dotage arising from disturb'd Phantasms, filling the Person afflicted with anxious Thoughts and Solitariness, being as it were ingulphed therein, with Pensiveness, Fury, or Fever; some are afflicted with

with a deep Sadness or Pensiveness, without apparent Cause, and a long continued Silence, or else an incongruous Talk at random of some particular Thing. It is caused by a Distemper of the Animal Spirits, hurt by a Melancholy Phantasm or Vapour, made as it were misty, opacous, thick, and dark, almost fix'd and immoveable, and from thence it is that Melancholy People are Tenacious; for that all kinds of Objects are fix'd in their Minds, according to the Condition and Quality of the deprav'd Spirits; and this is acquired either from a default in the Brain, declining from its genuine Whiteness, and generating such like Spirits, or from a default of the Blood and Vital Spirits, or from some degenerate Melancholy Matter, as Humour, Vapour, or both, mingled with the Blood and Spirits. If it proceeds from the Brain, it is known by Sadness, Fearfulness, Hatred, and other strange Imaginations; some think themselves Beasts, some one thing, some another; some would kill themselves, others are afraid, some laugh, some weep, some prophecy, &c. which shews it is from Melancholy Blood.

The Species or Kinds of Melancholy are many, as first, that of the Brain, when it declines in Quality or Substance from its Purity and Cleanness, which is known by a perpetual and vehement Doting, arising either externally, from strange Fancy and Imagination, as from Fear, Dispair, and such like sad afflictions of the Mind, which dry up the radical Moisture, and cause Cares, Watchings, &c. or internally, from a Melancholy Humour gathered together in the Head, either by some cold or dry Matter left behind in the Brain, after some hot Distemper, the thinner part of the Matter being resolv'd and gone, or from a Melancholy Habit and Constitution, either Hereditary from the Parents Blood, or from a cold and dry, or hot and dry Disposition of the Body, causing  
either

either Doting with Laughter, or a dull Slothfulness, or Anger, Discontent and Peevishness.

2<sup>dly</sup>, Another kind of Melancholy is that of the whole Body, the Blood having acquired a Melancholy Habit, distributing the same to all the Parts, and then to the Brain; this is known because the Dotage or Delirium is indeed continual, but so that it is with some Exasperations and Remissions, with general Signs of a Melancholy Habit.

3<sup>dly</sup>, There is another sort of that Distemper, call'd the Melancholy of the Heart, when the Vital Spirits that are there bred, by reason of a cold and dry Distemper, are made impure.

4<sup>thly</sup>, There is that which is Hypochondriacal, wherein a Melancholy Juice either cold and serous, or adust and burnt, in the Branches of the *Vena Porta*, is gathered together in the Hypochondria, (which occasions the most common sort of Melancholy) from whence, time after time, black Melancholy Vapours are continually sent forth to corrupt the Animal Spirits in the Brain; and this is known by its seizing the Patient by Intervals and certain Seasons, but in its approach, it surprizes without any Notice except by windy Belchings and a Pain distending the Stomach, with Anxiety of Mind, Difficulty of Breathing, Palpitation of the Heart, Immoveableness of the Tongue, Mist or Darkeness before the Eyes, Noise in the Ears, and a Stupidity or Benumbedness in both Arms. These Melancholy Vapours or Humours, are transmitted from the Hypochondria to the Brain, either by the Orifice of the Stomach, as some imagine, or else by the Branches of the *Vena Cava*, where they cloud and darken the Spirits.

5<sup>thly</sup>, There is Melancholy from the Womb in Women, which is discovered by a Pain in the Left-side, and a manifest Pulse and Beating in the Back near  
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the *Diaphragm*, being caused by Stoppage of the Courses, or other Natural Evacuations.

6tly, There is a Melancholy from Love, occasioned either from Philters or Love Potions, or else from a Lustful Appetite or Desire of Venery, caused from an hot Constitution, and an over abundance of Seed; in which Case the Fancy is not fix'd upon one Person, but the Patient by Fits delights to be in the Company of Men promiscuously, talks leudly, and is ready to call them to her, tho' before, and at other times, she is very Chast and Modest.

But as the sort of Melancholy which generally afflicts People, is that of the Hypochonders, it may not be amiss to say something more at large of its Nature, and after that of its Cause, before I come to shew the Cure of it.

Hypochondriack Melancholy is a Collection of of filthy and vicious Humours in the Branches of the *Vena Porta*, *Celiacal* and *Mesenterical* Arteries, by reason of a Fault of the Concoction of the Spleen, without Putrification, thence sending many Vapours, causing imminent Symptoms. 'Tis call'd Hypochondriack, because it possesses the place of both Hypochonders, viz: that part of the Body, which under the Bastard or short Ribs, reaches as far as the Loins, on both sides, comprehending with the Muscles the Bowels themselves, and call'd Melancholy, when the Brain is affected by Consent.

Those that are afflicted with Hypochondriack Melancholy, find a Rawness, Windiness, sharp Belchings, Crudities, Burning, and Pain of the Stomach and Sides, which are pluck'd upwards, and sometimes inflamed; the Belly is bound, sleep little, and that with troublesome Dreams, Sadness, given to be Thoughtful, Idle, &c. These are the general Symptoms, but the more particular ones, which People

afflicted find more or less, according as they are of Constitution, &c. are ranged as follow, *viz.*

I. Crudity of the Stomach, so sower sometimes as to set the Teeth an Edge.

II. Pains in the Stomach, reaching even to the Back, and returning upon Eating.

III. Costiveness of Body, from an universal Melancholy Habit.

IV. An Inflammation of the Hypochonders, attended with Redness of the Cheeks, and sudden Flushings in the Face.

V. Urine sometimes thin and pale like Water, and sometimes thick and troubled, with now and then a Sediment of red Sand.

VI. A Motion of Wind in the left Hypochonder causing great Pain.

VII. Anxiety, caused by Wind distending the Hypochonders, thereby causing a straitness in those Parts, which have Nerves from the sixth Conjugation.

VIII. A Palpitation of the Heart, either from the Malignity of the Vapours in the Part, or by Consent of the Stomach.

IX. A beating in the Left Hypochonder, caused either by the great Pulsation of the *Celiac* Branch of the Arteries after Anger or violent Motion, or by the Compression of the Arteries in the *Mesentery*, by the Glandules being more than ordinarily extended.

X. A Dryness in the Mouth, Tongue and Palate, by reason of hot Vapours ascending through the Gullet and rough Artery.

XI. A Difficulty of Breathing, both by reason of the Affection of the Nerves dedicated to the Muscles of the Breast, and of the Affusion of evil Matter into the Spaces of the Muscles.

XII. A Perturbation of the Brain from Vapours resolv'd, which if they be obscure they darken the Spirits,

Spirits, and cause Melancholy Dotage; if dry, an *Epilepsy* and Watchings; and if many, the Vertigo and a fear of Strangling, or Stupidity.

These are the Symptoms of Hypochondriack Melancholy, but all of them are rarely to be seen in one Person, the most certain Symptoms that always attend, are Gripings and Wind in the Bowels, a weak Stomach, and sometimes a very keen one, Costiveness, Belchings, Palpitation of the Heart, Perturbations of the Head, and a disturb'd or uneasy Mind.

The Symptoms being thus premised, let us now inquire more particularly after their Cause. The first Cause is a Vicious Acid in the Stomach, enlarging the Appetite, but unfit for Digestion, hence ensues an Acid Crudity in the first Passages, which depraves the Crasis of the Blood, and prevents the due Separation of the Volatile Spirits; upon which the Lymphatick Juice becomes Acid, and the Bileous Juice Inactive.

These are the Sources of all the preceding Symptoms, since Wind, Noise, Griping in the Guts, and Costiveness, are the natural Result of a Viscous Acid in the first Passages, as also Flushings in the Face, arising from its Effervescence with the Bile. The Convulsions of the Nervous Membranes in several Parts of the Body, are the Effects of its Irritation; its Crudity impairs the due Fermentation of the Blood, and causes a Palpitation of the Heart, and difficulty in Breathing; it depraves the Nutritious Juice of the Bowels, which settles into hard Swellings, and occasions a Degeneracy and Austerity in the Spirits; hence Fear, Melancholy, irregular Thoughts, and uncouth Emotions ensue.

The Procatartick or remote Causes that promote Crudities, are Acid Liquors, or Salt Victuals, or such as are dried in the Smoak; both which partake  
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of the Acid Spirit of Salt or Soot; want of Motion, to promote Digestion and the speedy Assimilation of Chyle; Nocturnal Study or Care, exhausting the Blood and rendering the Lympha Acid, which at length brings on a Nervous *Atrophy*; this Disease being an Enemy to the Nervous System.

So much for the Symptoms and Causes of the Hypochondriack Disease, which is generally observ'd to happen to Scorbutick Bodies, and to People of the best Sense and good Understanding, it being seldom seen that Fools and Blockheads are troubled with this Distemper.

This Disease is truly difficult to Cure, by reason of the mighty Heap of Symptoms that commonly attend Persons afflicted with it; it is seldom mortal, but of very long continuance, sometimes lasting even the whole period of Life, for which Reason it is call'd *The Disgrace of Physicians*.

If it be attended with continual Pain and Giddiness of the Head, it gives fears of the *Epilepsy*, *Apoplexy*, or Blindness. If it be accompanied with a moderate Flux of the Belly (for it is good to be loose, bad to be costive) Vomiting, or Hæmorrhoids, it is good, but if those Fluxes continue long, it is dangerous. Sometimes the Patient seems to be cured, and then in a few Months it returns again. It is much easier cured if taken in the beginning, and happening to People neither in a full, or declining Age; also Men are easier cured than Women; the Fat and Fair, than the Lean and Swarthy.

The Cure of this Distemper consists primarily and peculiarly in opening all Obstructions in the Stomach, Bowels and other Passages, by which the Digestions may be perfected and good Chyle assimilated. Secondly in tempering the Evil Quality of the Humours. Thirdly in evacuating the Morbifick Matter.

Matter. Fourthly in altering the Habit of the Body, and strengthening the weakned Parts.

To accomplish these Four Intentions. Authors prescribe more Medicines than there are Symptoms, and which for any one to follow, would rather perplex than profit. Some run altogether on Steel Courses, and prescribe them promiscuously to all; others are much devoted to Testaceous Pouders, which they call Sweetners; others again to Acids, and others in opposition to Alcalies. Some are for Volatile Salts and Spirits, others for fix'd Salts and Cardiacks; some highly applaud Emeticks, others condemn them, and cry up Catharticks; others are for Alteratives, others for Aperitives. And thus do they vary as their Opinions or Inclinations lead them, without considering with that mature Judgment they ought, or making just Observations; which is the reason so few are cured, or so ordinarily relieved.

But as the whole Cure of this Distemper hinges upon the Four Points mentioned, when those Points are maturely considered, and Medicines accordingly adapted, it is not to be doubted but the end will be accomplish'd; and to speak truly, I never found, where the Patient was steady in the Method prescribed him, but that in the End a Cure was obtained.

To do this, I rely upon the Two Medicines following, viz. my *Hypochondriacum Digestivum*, and *Pulvis Corroborans*. The first answers the Three first Intentions of Cure, and the second the last: But as this Disease is most commonly Chronick and lasting, they must be taken for some time together, or else a Cure cannot be expected, at leastwise to be durable, it being the Nature of it to return again, if the Cause be not totally removed, and the Tone of the Parts fully recovered: Therefore the Patient is first to take  
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my *Hypochondriacum Digestivum* for so long time as that he finds little or no Remains of the Disease, but is free in every Respect from each particular Symptom, and this he may expect to find in about Five or Six Weeks time, if the Disease be not very inveterate; and when the Symptoms are off, he is to take my *Pulvis Corroborans* to strengthen the Tone of the Parts, the Crasis of the Blood being before-hand brought to rights; and that he is to continue for about Three, Four or Five Weeks, or longer if he finds any remaining Weakness, or other Indisposition to give him fear of a return of his Illness.

My *Hypochondriacum Digestivum* is thus prepared.

**T**AKE Filings of Steel, and Salt Armoniack, of each Four Ounces; Powder the latter, and let the former be clean from Dust, and put them into a Sublimatory, and Sublime according to Art; when the Glass is cold, open it, and dissolve the sublim'd Matter in as small a Quantity of fair Water as will be sufficient to do it; when it is dissolv'd, filter it, and precipitate the filtrated Liquor, by dropping into it (*gradatim and separately*) Spirit of Salt Armoniack, and Oil of Tartar per deliquium of each as much as you find sufficient; first a few Drops of one and then of the other, and so on alternately, till nothing further subsides; pour off the clear Liquor by Inclination, and dry the Precipitate according to Art. To every Ounce of which, add an Ounce and half of the Duplicate Secret; an Ounce of black Hellebore prepared; half an Ounce of *Epithymum*; *Agarick*, *Diagrydium*, of each Six Drams; *Lapis Lazuli* prepared, Three Drams; make all into fine Powder and mix them together very well, and keep it always close stop'd for Use. A Paper of this containing half a Dram is a Dose.



This *Hypochondriacum Digestivum*, is to be taken a Paper at a Time, containing half a Dram every Night and Morning, in a Glasse of White Wine and Water, which will give one Stool, or perhaps two in a Day; but if that Evacuation should be too much to hold it daily, for so long a time as mentioned, or that he should have more than a Stool or Two in a Day, then he is to take but two thirds of a Paper at a time, or but half a Paper, or less, according as he finds he can bear it.

When the Patient has done with that Medicine as directed, or has taken it for five or six Weeks, then (altho' he should not find himself quite well) it will be best for him, omitting that, to begin the *Pulvis Corroborans*, and take one Paper of it at a time betimes every Morning, and also at five a Clock every Afternoon, mix'd in the Morning, in a Glasse of German Spaw-Water, drinking the remainder of the Flask within the compass of an Hour, or an Hour and half after it; and that in the Afternoon in a Glasse of Red or White Wine, which he likes best. This Medicine has no Evacuating Operation, unless a little by Urine; and is made as follows.

#### The Pulvis Corroborans.

**T**AKE of the best Salt Armoniack, and the finest Filings of Steel purified, of each Two Ounces; grind them gently on a Marble with a Mullet till they are fine, then put them into an earthen Still, and Sublime first with a gentle Fire, then with a stronger, increasing the Fire by degrees; when all is Sublimed, break the Still, and keep the upper part of it that is white, to make a new Sublimation with fresh Filings; keep also the Yellow part, which is the Diaphoretick Flowers of Steel, then take out the Caput Mortuum in the bottom, and extract the Salt with

with Water, which purify by Solution, Filtration and Coagulation; powder the coagulated Salt, and add to every Ounce of it, the best Oriental Pearl prepared, Powder of China Roots, of each half an Ounce; Red Coral, toasted Silk, of each Three Drams; Galangals, Zedoary, Cloves, Nutmegs, Cinnamon, Xyloaloes, Ginger, Red Roses, of each a Dram and half; Mace, Spodium, Indian Spikenard, Schœnanth, Storax-Calamita, Cardamums, Myrtle-Berries, long Pepper, of each a Dram; Marjoram, Costmary, Basil, of each Four Scruples; Alkermes Berries, Two Drams; Powder all very fine, and keep it close stop'd for Use. The Dose is a Paper containing half a Dram, in the Vehicle before mentioned.

He may go abroad with these Medicines, and by all means should use Exercise, during the whole time of his taking them, and none like that of the Horse to ride every Forenoon, about two Hours after rising, for an Hour or two, which procures him an Appetite to his Dinner; and to ride again about two Hours more, in the Afternoon, which facilitates Digestion, and besides that, will, by the shaking, stir up, for natural Evacuations, those stagnating Juices which would otherwise subside. But by riding I do not mean he should ride hard, either to tire or sweat, but *ad ruborem sed non sudorem*, and so as to be as easy and lightsome when he gets off his Horse, as when he got on. He may eat fresh Meat moderately, and also all sorts of Herbs, Fruits, or the like, that are agreeable, and drink now and then a Glass, Two or Three of good Red Wine, such as *Florence, Viana, Portugal*, or *French* Wine, and for his constant Drink he must take Wine and Water, instead of Malt Liquors, all which if he observes, and also follows his Medicines and Riding daily, as directed, his Cure will certainly be effected, as he himself will have reason to believe, by his

daily and almost hourly mending, after once the Humours begin to be mov'd off, which he will find in about a Week or Ten Days after he has enter'd the Course. By this means I have cured many, and some whose Cases were very inveterate, and as believed by those they had before applied to for help, incurable. I could give Instances of several with their Names, but the former being inconsistent with the designed Brevity of this Treatise, and being prohibited the latter, I shall only insert one Case, and conclude this Chapter.

A Gentleman highly Scorbutick, fell into a Melancholy with Pains in the Hypochondria, which afflicting him for a long time, vitiated all the Juices of his Body, and wholly subverted the Concoctions, inso-much, that he had most of the worst Symptoms mentioned to attend that Distemper, as flushing Heats, Pains in the Head, Wind, Belchings, Tremblings, Horrors, Frights, and the like, for which he had Purged times without number, Bled, and taken Antiscorbuticks of all kinds, with all the Testaceous Powders, which are reckoned Sweetners; had passed thro' long Courses of Steel, drank all sorts of Mineral Waters; had suffered the Pennance of Seatons, Issues, Blisters, and Cuppings to ease his Head, which used very much to be disordered, till at length being quite tired out by his Disease and Medicines, he resolved to desist, and as patiently as he could, wait for his appointed departure, which he was certain to himself, could not be long, his Illness being such, as Nature, to his thinking, could not long subsist under. Thus being in a manner, quite worn out, and lamenting his hard Fortune to a Friend, that came to see him, who had been my Patient, he told him what I had done for him and others in Distempers of the Head, and advised him to consult me, which he did; and as soon as ever I had heard his Complaints, I told him  
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he would certainly be well, if he would observe the Rules I should prescribe, which he heartily promised, the News of having his Health again being such as would make him do, he said, any thing. I forthwith began with him, and gave him the very Medicines I have prescribed, in the Order I have before spoken of, with Directions for him to ride on Horseback twice every Day, for Two Hours each time, which he did, and with that wonderful success, that by his Medicines and Exercise, in less than Four Months time, he recovered from all his Indispositions, and attained a Strong, Lively, and Brisk Habit of Body.

*Note,* It will be necessary here to acquaint the Reader, that now and then, tho' very rarely, I have met with a Patient, who by reason of great Weakness, or somewhat peculiar in his Constitution, could by no means bear Purging, tho' but very gently, with the *Hypochondriacum Digestivum* for the length of Time I have advised in this Chapter; but that the taking it in moderate Doses for about a Week or Nine Days only, and then beginning the *Pulvis Corroborans* immediately after, and continuing that for the full length of Time I have directed, has fully answered the End, and compleated the Cure much better, than if he had taken the *Hypochondriacum Digestivum* for a longer time.

Now tho' scarcely One in Fifty of this peculiar Disposition, of being unable to bear taking the *Hypochondriacum Digestivum* so long, is to be met with; yet I thought fit to take Notice of it, that such few who happen to be of that Constitution, may nevertheless assuredly have their Cure by regulating themselves accordingly, that is by taking that Remedy, as they find they can bear it, for a few Days or a Week only, before they begin the *Pulvis Corroborans*.

## C H A P. II.

*Of Vapours or Hysterick Fits ; their real Cause and Cure.*

**W**HAT I have said in the Chapter before, of Hypochondriack Melancholy, gives some Idea of the Distemper I am now about to speak of, tho' I am not of the Opinion of *Sylvius* and *Willis*, who alledge that the Difference between them is so little, that they are taken to be one and the same. I say I am not of their Opinion, because the same Medicines that Cure the one, have sometimes no effect on the other, and that because they affect different Sexes from different Causes, tho' I must allow, that there is an Analogy between them in some Symptoms, and from some Causes, but yet so far from being general, that it is but in some few Particulars ; the Symptoms of Vapours or Hysterick Diseases, being incident to the Female Sex chiefly, in the manner Men cannot have them, and are so numerous that a Day will scarcely be sufficient to reckon them up.

*Democritus* in an Epistle to *Hippocrates*, said, *That the Womb was the Cause of Six Hundred Miseries, and of innumerable Calamities*, and among them reckons Hysterick Fits or Vapours, whence it is plain, he concludes that they arise from a distemperature of the Womb, concerning which, I shall by and by speak.

The Vapours or Hysterick Fits, together with the Hypochondriack Disease, are the most frequent of all Chronick Distempers ; the Vapours few Women are wholly free from, more or less ; and those Men that lead Sedentary Lives and Study hard, &c. are commonly afflicted with Hypochondriack Melancholy.

The Vapours or Hysterick Fits, are not only frequent to Women, but are so wonderfully various, that they resemble almost all the Diseases poor Mortals

tals are subject to; for whatever Parts they seat themselves in, they presently produce such Symptoms as belong to those Parts when primarily affected with a real Distemper: As for Instance, if the Vapours seize the Head, they produce some Disorder or other there, or if the Spirits, some violent Commotions of Mind are presently occasioned, and so of the rest.

This Distemper is call'd the Hysterick or Uterine Passion, because the Authors who first wrote about it, thought that the Womb was principally affected in it, by reason it commonly invaded Maids, married Women and Widows, both old and young; which Opinion is not fully agreed to, tho' we can't but say it is fomented and sustained by a Fault that is in the Womb, as well as the other Viscera, which the curing it by Medicines adapted to the Womb demonstrates, yet it principally proceeds from a Fault in the Blood and Spirits, injured by bad Humours, from Cold, ill Food, Trash, and the like, which stagnating by the Patient's Sedentary or Idle Life, depraves the Blood, and gives it a bad Disposition, able to produce the Hysterick Passion; of which by treating we mean not one, but a whole Army of Distempers at least in outward shew, it being a Disease that produces Head-achs, Giddiness, Convulsive Motions, Palpitations of the Heart, Rumblings and Agitations of the Stomach and Guts, difficulty of Breathing, Hiccup, loss of Senses both External and Internal, by which Physicians speak of them under divers Heads, tho' they be from one and the same Cause.

This Distemper call'd Vapours or Hysterick Passion in Women, is not always attended with the same Number of Symptoms, nor are the Symptoms the same, or equally violent in all, for in some the Suffocation and Difficulty of Breathing are but slight, in others very severe; therefore in describing the Symptoms, it is not to be understood that they are less the



Vapours, because they have not all of them, for some feel the Symptoms as aforesaid in the Head, and there is Giddiness, Swimming, Pain, and the like. In others, the vital Parts are affected, which occasions so great a Palpitation of the Heart, that the Patient verily believes the By-standers may hear the sound of the Heart thumping upon the Ribs. Some it affects so, as to cause Coughing without intermission, but they expectorate nothing. Sometimes the Vapoury Humours fall upon the Parts between the Stomach and Bowels, and occasion violent Pain, much like the *Illiack Passion*, and cause the Women to Vomit a green matter like porraceous Bile. Sometimes the Spirits are so seized, that the Patient is oppressed with great Anguish of Mind, and wholly dispairs of Recovery, with Dejections, and as it were a certain Desperation. Sometimes this Disease falls upon the Kidneys, and causes Pain like the Stone, or Stone Cholick. Sometimes it falls on the Bladder (tho' seldom) and stops the Urine, as if there was a Stone there. Sometimes it falls upon the Stomach, and causes continual Vomiting, and sometimes upon the Bowels, and then a Looseness follows, but generally no Pain accompanies these two last Symptoms, tho' oftentimes in both, the green Humour aforesaid, appears either by Vomit or Stool.

And as this Disease afflicts almost all the inward Parts, so sometimes it seizes all the outward Parts and Musculous Flesh, occasioning Pain, and sometimes a Tumour in the Jaws, Shoulders, Hands, Thighs, and Legs; of which kind, that Tumour which swells the Legs is more conspicuous than the rest; but these Pains and Swellings, afflicting the outward Parts, chiefly seize those Women that are in a manner quite destroy'd by a long Series and Force of the Vapours.

But amongst all the Torments of this Disease, there is none so common as a Pain in the Back, which most certainly

certainly all Women feel, how little soever they are afflicted with the Vapours. It is also common, that after the Pains are gone off, there is such a stiffness of the Parts, or Numbness or Soreness, as if beaten, so that the Patient cannot bear to have the Places touch'd; but this Tenderness goes off by degrees. And this amongst the rest is worth observing, That all Hysterick Women complain of a Dejection and Sinking of the Spirits, who when they would shew the place where the sinking of the Spirits is, point to the Region of the Lungs.

Yet of all the Symptoms that attend this Disease, nothing is more common or inseparable, and more shews the Patient to be troubled with Vapours, than that their Urine is as clear as Rock-water, and comes away, when they make it, in a plentiful quantity, especially when they have just before found themselves faint, ill, or sickish. Moreover, Women much troubled with Vapours belch up ill Fumes as often as they eat, tho' they only eat moderately, and as they have an Appetite. Also they sometimes in their Fits laugh exceedingly, and some times cry as much, without any real Cause for either.

The efficient Cause of this Disease, in my Opinion, proceeds from a Confusion of the Spirits; the origin and antecedent Cause of which Confusion, is the weak Constitution of the Spirits and Genus Nervosum, and that weak Constitution injured as before said, is the Cause of the many Symptoms that are attending, as we have in somewhat particular terms enumerated.

\* As to the Prognosticks, this Disease seldom kills the Patient, yet sometimes it snatches them away when the Fit is intense and lasts very long, or else draws on an Apoplexy or Syncope.

Of the several degrees of the Vapours or Hysterick Fits, That is the worst, in which many Parts suffer

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Not as often as the author

Convulsions, and the Exercise of the Senses is interrupted; but *That* is slighter, where the Mind is untouch'd, or the right use of it is not taken away, and but one or two Parts are convulsed, especially if the Vital Functions remain entire. In antient People it is hardly curable, because in them the Habit is contracted; in young Women it sometimes ceases of it's self, as they grow in Years, or when they begin to have Children. Hysterick Fits are dangerous to Women with Child, and in Child-bed, to the first for fear of miscarrying, and to the last by reason of their Weakness got in Labour.

The Cure of the Vapours is twofold, in the Fit, especially when it is violent and of long Duration, and out of the Fits, to prevent their coming again. Authors to bring the Patient out of the Fit, advise hard rubbing in the lower Parts, and Scarrification in the Hips; they recommend likewise the pulling out the Hairs, the twisting of the Fingers, the putting to the Nose Foetid things, as *Affatæida*, *Galbanum*, burnt Feathers or Leather, Brimstone lighted, the Smoak of Tobacco, Spirit, or Salt of Hartshorn, Armoniack; sharp Snuff, of white Hellebore, Euphobium, or the like, some of which have done, and may do good, when the Fit is not very extream; but in all Cases of Desperation, and where the Fit is very violent, so as to threaten immediate Death, I use my *Apoplectick Species* prescribed in the 8th Chapter aforegoing, blowing a very little of it up each Nostril, which instantly brings the Patient to her self, that she is not so fatigued, nor her Spirits so worn or spent, as they generally are if the Fit continues for a long time; this and this alone I have used times without Number, with all the success imaginable, and therefore can and do with the more freedom recommend it, it being I believe the only thing to save Life, where there is danger, in any sudden Fit of any kind, in Old or Young. I



I was once call'd to a Lady, taken of a sudden with a Fit of the Vapours, which she had been many Years subject to, tho' nothing near so violent as then; several Surgeons were instantly call'd, as well as Neighbours and Friends, who when they came, thought she was dying, some that she was dead, no Life or Breath, to appearance, being left. The Surgeons bled her, used Oil of Amber, Spirit of Harts-horn, and the like, but nothing moved her. I came after she was blooded, and seeing her Case, and the Consternation all about her were in, immediately order'd 'em to blow up into each Nostril, with a Quill, a little of my said *Apopleckick Species*; it was not the tenth part of a Minute after its Use, but she began to snort, and a little while after to sneeze, which brought her to herself forthwith, tho' she had been almost an Hour lifeless, to all appearance, and reported about to be dead. After that I was desired to order her what I judged proper to prevent those Fits for the future, which I did, as I shall presently relate, and she never had any since, it being now three Years ago, tho' she was before, many times in a Year, subject to Fits of the Vapours more or less.

Intirely to cure Vapours or Hysterick Fits, Authors direct long Courses of many and various Medicines, and advile outward as well as inward Applications, which I have observed very frequently to do more harm than good; but I take these Authors to be wrong in their Fundamentals. I mean as to the Cause of the Disease, for if it proceeds from what I have a little before given my Opinion it does, a few Medicines rightly adapted will Cure; and that the Disease does proceed from those Causes, is evident by the Success of the Medicine I give, which indeed to most Patients is but one, tho' compounded of several Ingredients, and that made up into Pills, which I call, and rightly to, my *Vapour Pills*; for if a Dose  
or

or two of them be but taken where there is any Symptoms of the Fit's approaching, or where there is any Perturbation of the Spirits, they immediately dispel all those fuliginous Vapours, and raise the faint, depress'd Spirits, giving them such a Turn, that the Patient is as brisk and well as if nothing at all had afflicted her; and if they be taken continually, Three at Night, and Three every Morning, for some time, Drinking two or three Spoonfuls of Wine, or any other agreeable Liquor after them, they not only regulate and clear the Spirits, but amend and purify the Blood and bring it to a due Crasis; tho' in Constitutions much debilitated by the length of the Disease, I advise with them, the *German Spaw-Water*, a Flask every Day, which by diluting and washing off the Peccant Salts in the Blood, gives the *Vapour Pills* the better room to extend their Efficacy, that by them, and the other good Qualities of that famed Mineral Water, the Patient amends every Day, getting Health and Strength apace; for these *Pills* powerfully regulate the Spirits, and Strengthen them and the *Genus Nervosum*, keep up the Appetite, rectify the Blood, confirm its Tone, and generally speaking do all that is requisite to cure the Distemper; there not being, I think I may be bold to say, a better Medicine, or any other Method to be advised, to cure that Disease so easily, expeditiously and certainly, in by far the greatest Number of Persons, they making the Mind easy, the Head lightsome, the Spirits active, and in short, render the whole Body so lively, tranquil, and free from all Inquietudes and Interruption, that the Patient becomes a new Person to herself and all about her, so that they will scarcely believe her to be the same.

The Vapour Pills I speak of, are These.

**T**AKE *Winters Bark, Zedoary Roots, Galingals, and Cloves, of each an Ounce and half; Cinnamon, Gen-*

*Gentian Roots, of each Six Drams; Horse Radish Roots, Three Ounces; Mustard-Seed, Two Ounces; Calimint, Wormwood, Cammomile Flowers, of each an Handful; bruise all very small, and digest them for a Week in a Decoction of White Tartar, and White Wine, of each a Quart, in a Sand Heat, the Digesting Glass being close lured; at the End of the Time, let it Cool, and then open the Glass, and press out the Liquor strongly from the Ingredients in a Press; and to the Liquor, first put into a clean digesting Glass, add of the best Myrrh in Powder, an Ounce; Gum Ammoniacum, half an Ounce; Galbanum, an Ounce; Assafetida, half an Ounce; evaporate in a moderate Heat, to the Consistency of a thin Extract; to which, add, when it is cold, Russia Castor in fine Powder, an Ounce; Camphire rubbed fine, with a few Drops of Oyl of Almonds, half an Ounce; Agnus Castus Seeds in fine Powder, Three Drams; Salt of Amber, half an Ounce; Flowers of Salt Armoniack martiated, and Ens Veneris, of each an Ounce and half; Volatile Salt of Harts-horn, half an Ounce; Oil of Amber, Three Drams; mix all together very well in a Mortar, till they come to the Consistency of a Mass for Pills, which will be upon beating 'em for a little while together, and is then ready for Use. Three Pills about the bigness of a large white Pea each, are a Dose.*

The happy Effects of these *Vapour Pills*, which for the most Part neither Purge or disorder the Body in the least, I found in a late Patient, who was so extremely over-whelm'd with the Vapours, that she was never well either in Mind or Body, nor free from them a Day together. Sometimes she would have Flushing Heats in her Hands and Face, at other times cold Sweats, at other times a trembling all over her, with Weakness in her Limbs that she could scarcely walk. Sometimes Pains in her Head, that she could not rise from her Pillow all Day. Othertimes she would fall



into Cryings, Fears, Dreads, and ruminate on Thousand dismal Things. Sometimes she would call out for help, for that she was dying and could not live a Minute, and would be in a Rage with those that told her there was no danger. Sometimes she would foolishly laugh at nothing at all of a sudden, and presently after Cry. Sometimes rave, scold, and be angry at every thing. Sometimes she would be mute, and not speak a Word, nor Eat or Drink. In this Condition, which was very unhappy to all about her as well as to her self, she took advice of many, and was, as she hoped, sometimes better, but her going through many Courses for a long time to so little Benefit, tired out her Husband's Purse as well as her own Person, insomuch, that they resolv'd to leave off and see what Nature would do, which alas ! was too feeble to struggle through her difficulties; which they seeing, and, by means of a certain Lady whom I had before cured, hearing of my *Vapour Pills* she came, as she said, to talk with me, despairing thro' her whole Discourse of any Help. I ordered her to take my *Vapour Pills*, which she did with Reluctancy, not believing they would do her any good, and to drink the *German Spaw-Water* with them, which by her Friends perswasions she consented to do, and in less than Three Weeks time, contrary to her Faith, she grew so well, that in her own Opinion she then believed she should be cured. I advised her to proceed in the Course, which was nothing more than to take Three of my *Vapour Pills* every Night and Morning, and an Hour after the Morning Dose to drink a Flask of *German Spaw Water*, taking Two Hours time for the drinking it by moderate Draughts (which is much better than to drink it too quick or too much at a Draught) which she did as I directed, and used at the same time moderate Exercise of Walking, and Riding in a Chaise as I advised, for about

Nine Weeks, in which time she was perfectly recovered, and was, and is at the writing of this, as compleatly well as if she had never been ill. And this these *Vapour Pills* do, and tho' they keep the Body gently soluble, yet comfort and strengthen the Spirits and Vitals, being certainly the greatest Alterative, Reviving, Refreshing Medicine in those Cases, that is known.

But it must be noted that in some particular Patients, tho' not one in fifty, the *Vapour Pills* may chance, contrary to their usual Property, to occasion too many loose stools; in which Case the Patient, instead of taking three of them at a time, ought to take but two of them for a Dose, every Night and Morning, or even but one of them, as she finds proper, so as to keep her Bowels at most but barely soluble.

I think it necessary also to acquaint the Reader, that I have now and then found, especially in those few Persons to whom the *Vapour Pills* prove a little Purging as above mentioned, that their being taken three at a time Night and Morning for about a Week, and afterwards taking only two or three of them every Night going to Bed, and a Paper of the *Pulvis Corroborans*, prescribed in the foregoing Chapter, every Morning and also at five o' Clock every Afternoon, exactly as I have there directed for Men, has accomplish'd the Cure of the Vapours or Hysterick Fits and Disorders, in their most desperate State and extreamest Degree, when no other Means would.

And indeed I have lately experienced that whenever the *Vapour Pills* alone, have happen'd to prove unsuccessful, which they very rarely do, then the *Pulvis Corroborans* and those *Pills* being taken together, in the manner advised, have never fail'd completing the Cure, nor I firmly believe ever will fail, even in the most Obstinate Case, provided they  
are

follow'd, and taken for a reasonable time as  
have just now directed.

I could give divers Instances of the wonderful Effects of those two Medicines, in several very extraordinary Cases; but having exceeded the Compass I intended to confine my self to, and already over swell'd the magnitude of the Book, am obliged to come to a

*F I N I S.*

### Advertisement.

**A**LL the Medicines prescribed in this Treatise, may be had, truly prepared, by the Author's particular Order and under his Inspection, at the Two Blue Posts in Haydon-yard in the Minories, London, where only he has allowed them to be disposed of, at the following Prices; which are much cheaper than any one else can rightly prepare them, with the best Ingredients, in small Quantities.

<i>The Cephalick Purging Pills</i>			s.	d.
<i>prescribed in</i>	_____	Page 3	the Box.	3 6
<i>The Emetick Pouder</i>	_____	4	Parcel	3 0
<i>The Cephalick Elixir.</i>	_____	5	Bottle	3 6
<i>The Vertiginous Spirit.</i>	_____	13	Bottle	3 6
<i>The Volatile Essence.</i>	_____	21	Bottle	3 0
<i>The Apoplectick Species.</i>	_____	31	Paper	2 6
<i>The Paralytick Elixir.</i>	_____	37	Bottle	3 6
<i>The Nerve Fetus</i>	_____	38	Bottle	2 6
<i>The Epileptick Spirit</i>	_____	44	Bottle	3 6
<i>The Hypochondriacum Digestivum.</i>	_____	59	Parcel	7 6
<i>The Pulvis Corroborans.</i>	_____	60	Parcel	7 6
<i>Vapour Pills.</i>	_____	70	Box.	4 0

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### ERRATA

Page 11. line 35. read *very*. P. 14. l. 27. for *same*, r. *latter*  
P. 45. l. 21 and 22. r. *Medulla Spinalis*. P. 55. l. 27. r. *distended*.

These and what few other trifling Faults may be met with, the Reader is desired to excuse.



